

THS VIEEK

20-26 AUGUST 2010

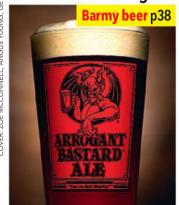
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t look!

Read the following intel, then wave your missus goodbye!

any online Call Of
Duty assassins see the
game's campaign mode
as a mere starter to the
real meat of their experience –
sitting in their pants for days on
end, bashing away at multiplayer.

Well, wash your Y-fronts, online campers, for Activision has finally unveiled the first look at *Black Ops'* multiplayer stuff. And as we fervently hoped, it looks life-gobblingly good.

With new weapons, load-outs, kill-streak bonuses and levels, plus a movie theatre mode to play back your kills, this could well boss 2010's shooter roster when it drops on 9 November. We're going to bed right now so there's one less sleep till it's here!

See the full teaser trailer at www.nuts.co.uk/news



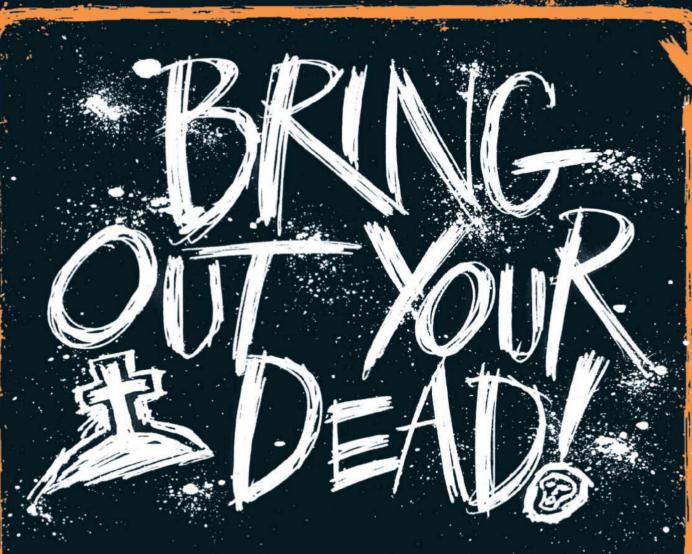
E1.6m modified Bling, 260mph Mansory Linea Vincero d'Oro will make your mouth water!

- Gents, meet the Mansory Linea Vincero d'Oro – an awesome, blinged-up version of the Bugatti Veyron 16.4.
- Having already modified a Veyron back in 2008, Swiss
- tuning company Mansory decided to have another stab.
- The £1m Veyron 16.4 is made even more bespoke with
- a gold-coloured carbon-fibre finish, which is achieved with a copper thread woven into the carbon fibre!
- The gold vibe continues with a further set of eye-grabbing gold-finished items.
- The grille surround is gold, as is the fuel filler cap and side mirrors.

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gamestation

We talk to the Man City star who pockets £221k a week!

i Yaya! We hear you're on more than £200,000 a week – how the bejesus are you going to spend that kind of cash? It's natural for people to talk about the money mentioned, but I honestly didn't come to Manchester for financial rewards. I came for the football! With the world recession, it's bonkers money, though! These are big figures but I don't want to focus on it. I know the value of money - not having had a lot growing up – so I don't take it for granted. I'd prefer to talk about the opportunity I've got at City. An opportunity to do what? To win the biggest trophies in the world. I've always loved the Premier League, so to be here is great. I know we'll be successful! Can you win the title this year? Naturally, there's a rush for everyone who now watches City - they think we must win every game! But with Man United and Chelsea so strong, we may have to be patient to claim the league. What do you make of the rivalry in Manchester? I know United have been successful and City not so in recent years, but perhaps they'll now think we're a threat. This must make it exciting for the people of Manchester. Hopefully, more for the ones in blue! And you've teamed up with your big brother, Kolo. That must be

And you've teamed up with your big brother, Kolo. That must be splendid! It's a dream! We spoke about me coming to Manchester and we agreed we could help make City one of the great teams of Europe. To do that, though, the new players have to work as a team. Individuals don't win titles!

Mental money!

Yaya's now the highest-paid player in the world, beating the weekly wages of Cristiano Ronaldo (£217,000), Zlatan Ibrahimovic (£200,000), Lionel Messi and Samuel Eto'o (both £175,000). But not content with a pay packet that's actually higher than the combined weekly earnings of Prem new boys Blackpool, the Ivory Coast star also trousers (tax-free):

- £1.65m a year for image rights
- £832,000 every time City qualify for the Champions League
- £1.2m in total if City actually win the Champions League
- £150,000 if City lift the Premier League trophy









Beerspill disaster!

Argh! Not again! Why, God, why?

vert your eyes, menfolk, for you shouldn't have to behold such tragedy. This is the avalanche of wreckage left behind after a beer truck overturned in Chojnice, Poland, with thousands of bottles of sweet amber nectar on board.

Here at *Nuts*, we'd like to send our sincerest condolences to any bereaved Polish readers, and assure them that we're currently lobbying our own Government to intervene in this catastrophe. Maybe by getting a round in.

WORDS: PETE CASHMORE PHOTOS: CEN/EUROPICS



"...SALT OFFERS HOLLYWOOD'S MOST SUCCESSFUL FEMALE ACTION STAR A NEW PLATFORM TO KICK ASS."





AT CINEMAS WED AUGUST 18



THE Nuts LIP-READER!

When he watches a match, he sees every word! John Cassidy is a real lip-reading expert. And an FA coach!



Steven Gerrard: "Yes! Come on! Come on! F**king come on! Lift it!"

ENGLAND VS HUNGARY Wembley, Wed 11 Aug, 9.24pm The England skipper goes mad after grabbing a long-range equaliser.



ENGLAND VS HUNGARY 9.02pm The oncoming sub offers his team-mates some tactical advice as the second half gets under way.



ENGLAND VS HUNGARY 9.17pm With the scores still locked at 0-0, the gaffer considers bringing the creative midfielder on.



ENGLAND VS HUNGARY 9.24pm The Under-21 boss hands out instructions to the senior side's goalkeeping coach, Ray Clemence.



ENGLAND VS HUNGARY 9.24pm The England winger's not impressed with an opponent after a free-kick goes against him.

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Boozer gets totally wrecked...twice!

Pub rammed by two cars in 14 days!

ocals at The Anchor Inn,
near Chichester, West
Sussex, had their drinking
session cut short for the
second time in a fortnight after a
car, driven by a 20-year-old woman,
ploughed headlong into their pub.

Another blundering driver had already bashed into the same front wall two weeks earlier after losing control of their car. Just as the pub's owners, Kim and Paul Carver, were getting ready to rebuild, disaster

struck again, leaving them with their heads in their hands and another hefty repair bill!

Fortunately, the pub's revellers were steering clear of the suspect corner when the second car made a dash to the bar, otherwise a *truly* terrible crime would've been committed – namely, the spilling of the heavenly amber nectar!

So, if you're down Chichester way, make sure you pop in for a pint at Britain's unluckiest pub!

RESTAURANT

FOOD SERVED MON - SAT 11.30 NOON - 2.30 6.30 - 9.30

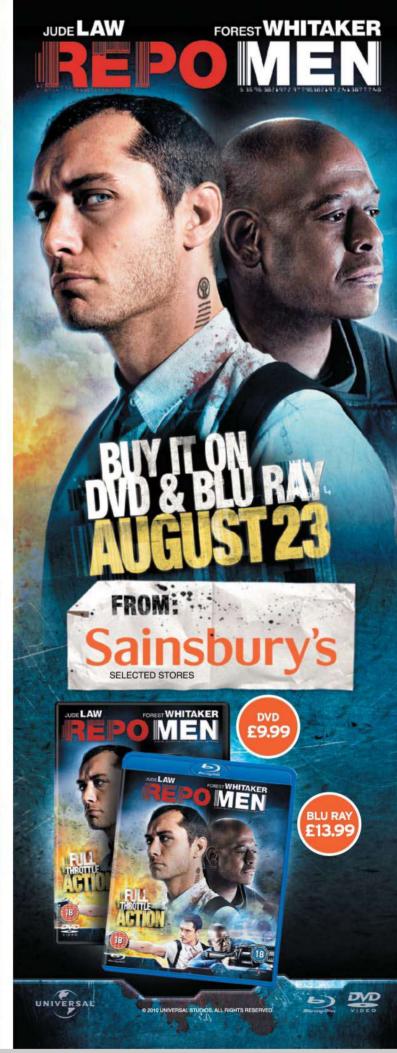
SUNDAY 12 NOON - 4.00 6.30 - 9.30

"Sorry, I thought I heard you say last orders!"

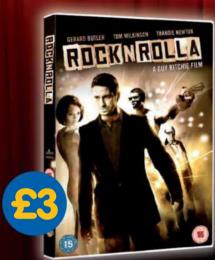
20 Nuts

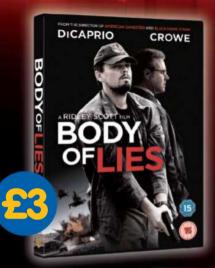
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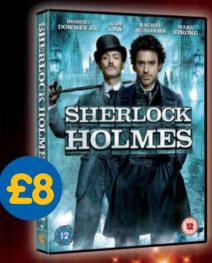
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Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

The trackie bottoms needed 350 stitches

My leg was shade to the hadre

What happens when cars and motorbikes meet!

ack to motorbike smashes this week, and what a belter we have here! Kevin Barratt, from Birmingham, was out for a spin on his bike when a car pulled out blind, leaving him with a rather large portion of his leg missing!

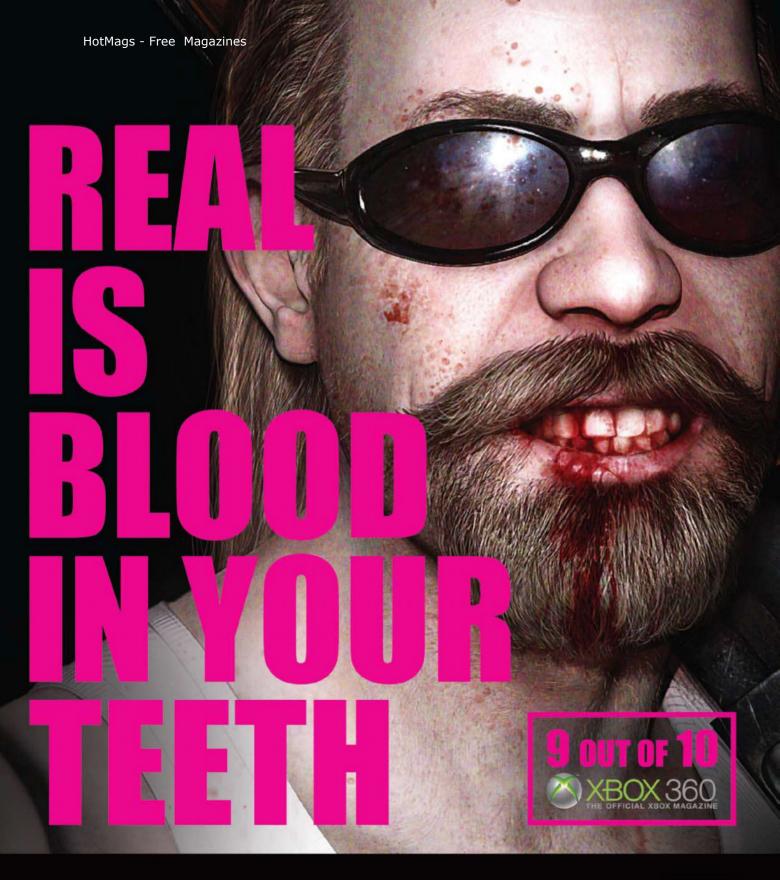
Kevin, 27, tells Nuts, "I was coming down a road when a car pulled out without looking, and I smashed into its side. I went flying over the bonnet and down the street. When I sat up, my right leg was snapped, so I was focusing on that, until my mate pointed at my left one. I looked down at this massive hole and thought, 'Jesus!' You can't see in the photo but all the bones under

He hadn't noticed the giant wasp behind him the gash are shattered. It looked like a dog had been chewing on a piece of bloody meat!

"The ambulance came and snapped my other leg into place, then took me to hospital. Luckily, they managed to save my left leg and, although I technically died four times in intensive care, I feel lucky to be alive!"

Think you can do better? Here's vour chance. The best "Don't Look!" picture published in 2010 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com





KaneandLynch.com











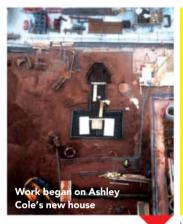






We pity the fools who don't send us funny stuff!

Send your letters to nutsletters@ip



Our new HQ!

I was up a crane when I saw these foundations on the ground below. I think someone made a bit of a cock-up with the design!

Jack Dadswell, London

Maybe they should build a lady's garden next door!

Sounds like a pain in the butt

Dear Nuts.

I was at a local safari park when I came across this weird sign. Clearly, some poor employee was brought up singing the wrong lyrics!

Andrew Mosley, Solihull Either that, or the safari park in question is going for a very unique market.

Glasto? Pah!

Dear Nuts.

We saw this while working in Ireland and thought you might like to be made aware of it.

John Crampton and James Newton, via email

We've already bought our tents for next year's event!





Wigan hoped their new stadium name would attract more fans

Our kind of PR

Dear Nuts.

This is me promoting a popular restaurant chain with a rather apt name. I thought perhaps I could do the same for Nuts magazine in one of your vests? I want a nice, tight one!

Ashley M, Northants

The good news, Ashley, is that all Nuts vests are nice and tight. And one's en route to you!



Malta-native interests

Dear Nuts,

I saw this funny shop name in Malta and thought of you guys! Keith Duffield, Salisbury

Did you have a whip-round and buy us anything, then?



Ha! Foiled!

Dear Nuts,

While my mate was on holiday, we tinfoiled his room. Forty rolls of the stuff worked wonders!

Kevin, Marcus and Skip, via email

Childish and unnecessarily time-







cmedia.com or to the address on p70



Win £100 to spend at OPLAY.COM

Send your letters and hilarious spam pictures to **nutsletters@ipcmedia**. **com** or to the address on p70. The sender of the week's best letter* will win £100 of vouchers to spend at play.com, the UK's favourite online entertainment retailer, with savings and free delivery on everything. Visit www.play.com for great deals on DVDs, games, books, CDs and more!

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YOUR

All the best gags, every week!

Send your jokes to nutsjokes@ipcmedia.com or to the address on p70

SHORTJOKES!

How many mimes have died because nobody believed they were choking?

Q: Why do women wear make-up and perfume? A: Because they're ugly and they smell Mark Hill, Devon

Q: Did you hear about the bloke who lost his left arm and leg in a car crash? A: He's all right now Gali, London

Win a PS3 and **Blu-ray set!**

Send jokes to nutsjokes@ipcmedia.com or to the address on page 70. To celebrate the release of the second series of Sons Of Anarchy on Blu-ray and DVD, we're giving the sender of this week's best joke* a PlayStation 3 and the Blu-ray box set of the second series of the motorbike gang-based action drama.



Making Emile of it

Now he's retired from England duty, Emile Heskey plans to open a chain of pubs. Makes sense - after Darren Townsend, Manchester

Deb's literal approach to mobile calls began to grate

Sofa, so

Daft Dave manages to pull a girl in his local nightclub and they go back to her place. After getting hot and heavy on the sofa for a while, she says, "Why don't we take this upstairs?"

"Good idea," says Dave. "I'll grab this end and you grab the back." Warren Natts, via email

Oh deer

A bloke goes to the woods to catch dinner, and bags a deer. He returns home and proudly shouts to the kids, "Dinner's here!"

They stand there baffled and say, "What's that?"

Dad replies, "Here's a clue. It's something your mum sometimes calls me."

"I'm not eating that," says the son, recoiling. "It's a f**king arsehole!" Jon M, London



FAMOUS BLOKES'

RHOD GILBERT:

"Why do washing machines have a 'delay start' button? In case sh*t stains suddenly come into fashion?"





VIC REEVES: "If Stephen Fry gets an erection, is it known as a Fry-up?"

RUSSELL KANE:

"Have trouble opening champagne? Hit it with a ship. I've seen people do that. It works!"





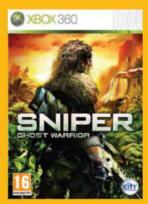
Wanted your games

trade in games for money off anything or just take the cash

re/play



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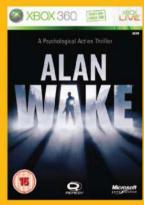
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get £14 credit or £12 cash



get £13 credit or £11 cash



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DVD out now

Bullets fly and heads roll in this highly explosive, spectacular thriller that gives Bourne and Bond a run for their money



DVD out now

The hero of all action heroes, Dolph Lundgren, is back with the action movie of the year. He was the underworld's deadliest gun for hire, until the day his family became a target. Now he will break all the rules to keep them safe. Dolph Lundgren is The Killing Machine

also available on



DVD out 23 August

FEARnet - Some sequences of torture that make Saw look like kid's stuff

Gorezone - ****



GoreZone - Probably the most graphic gore film ever released in the UK ****











FRANCESCA 24, from Birmingham
"This is when I stripped off in a club in Brum! That was quite a night!"



"I decided I needed a 'platform' for my naughty nudity!"



"Me in the woods with nothing but a leaf to spare my blushes!"

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AUGUST 20 CINEMAS

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Seen something daft? Snap it, send it in and win £100!

Text 'Nuts' and your picture to 0771 388 8008 (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** T&Cs on page 70.

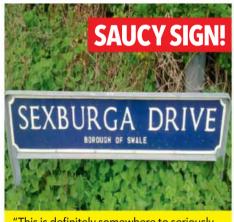






has a sense of humour!" Anon, via text





"This is definitely somewhere to seriously consider living!" **Gary, Colchester**









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THE TRUTH ABOUT SEX WITH... EMMA FRAIN

Nuts girls solve your bedroom bother!

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Does it make me look desperate?

My mates make a point of pimping me out to girls because I've had a bit of a dry time, and I think it makes me look desperate. What do you think? Adam, Surrey

It doesn't make vou look desperate unless they're doing it to the same group of girls all the time. The bottom line is you'll never meet anyone if you don't put yourself forward rather than letting your mates do it. But it's not desperate, it makes it look like your friends like you!

Socks are sexy!

When I'm doing it with a lass, it really turns me on if she keeps her socks on. Is that weird? Duncan, Bristol

No. I think girls look sexy in socks, too. You'll notice that I often wear socks on Nuts shoots because I think it's quite sexy. I like wearing them – specifically ankle socks - because it makes me feel like a naughty girl!

Is mirror nookie

I've met this girl and she insists on doing it in front of her fulllength mirror. What's up with that? Does she love herself? Martin, Nottingham

I don't think she loves herself. A lot of girls get turned on by watching themselves having sex. I've done it a couple of times myself! I wouldn't do it every time, but now and again it's really sexy and maybe it does something for your new lady.

a bit weird?

Why are cuffs such a turn-on?

What's the appeal of being handcuffed to the bed? The girl you're with could nick your stuff! Mark, London

Are you sure you're seeing the right people? The point is, it's a bit exciting. There's a bit of frisson there because she's in control. Only take nice girls home if you're worried you'll be robbed, but most guys like letting the girls take command.

Nuts BABES' SEX TIPS!

No.25: "A candlelit bath with a glass of red wine and a lot of fuss is sure to get any girl in the mood!" Chenade





NEXT TIME: INDIA REYNOLDS ANSWERS YOUR LETTERS!





The movie icon on cleaning lion cages, his new flick and breaking his neck on set!

i Sly! Your new movie, The Expendables, is full of old-school action stars. Did anybody turn you down? Yeah, but only two-Steven Seagal [who'd committed to making Machete] and Jean-Claude Van Damme [who, it's reported, claimed he was given no details about his character]. In the movie, you've got [deep breath] Jason Statham, Jet Li, Dolph Lundgren, UFC legend Randy Couture, "Stone Cold" Steve Austin and Mickey Rourke! Is it true you rewrote the script each time another actor joined? Each one had his own distinct personality that needed to be served. I did about a hundred drafts of the script! There's so much action, but there's a poignancy, too. If it's just about muscles and bullets, it's pretty limited. There are comedy elements and that's hard. These guys were terrified of comedy! You've also got Arnie and Bruce Willis in it. What was it like on set? Great fun. We're old friends. The scene with the three of us is about five minutes long, which is pretty impressive considering we only had them for one day. Then Bruce had to go off to Istanbul and Arnold had to go back and do governmental stuff! Didn't you break your neck during filming? Yeah, it was a fight scene with Steve Austin. I told him to crack me as hard as he could. It snapped my head back and cracked my neck. They had to put some cadaver bones in, so I have ghosts in my neck. That plate goes off every time I go through airport security! We once heard you busted yourself up trying to fly as a child. Is that true? Oh ves, I was an ambitious child but I tended

school and saw a bird outside the window, I wanted to follow it. I was adventurous. I was in fantasy land and once I jumped off a roof, thinking I could fly, and broke my collarbone! Were you picked on as a kid? Sylvester isn't a very tough name... I changed school 14 times, so there wasn't much time to develop friendships. But yes, kids made fun of my name. I used to call myself Mickey!

You haven't always been a famous actor bloke. What's the worst job you've had? I've cleaned lion cages at the zoo, delivered fish and been a theatre usher! Of your films, what are your favourites? Rocky's still my favourite. It stands the test of time and I gave my purest performance. I also like Paradise Alley because it was the first movie I directed, and I loved First Blood. And Cliffhanger! I'm also really happy with The Expendables. Most action films are a one-man show, but this has a lot of heart. You've also made some pretty bad movies. Yeah, I've made some truly awful ones! Stop! Or My Mom Will Shoot was the worst. If you ever want someone to confess to murder, just make him or her sit through that film! Really? We thought Rocky V was pretty shocking. What can I tell you? I'm greedy! It was a mistake because the audience didn't want to see the downside of Rocky. They wanted him to remain on top. I should've known that. You're not in bad shape for a 64-year-old. Have you always

was cuter! So you won't be retiring any time soon then? No! I still feel good physically and I'm in shape. The day I can't walk is the day I quit movies. I'm pursuing happiness, even if it makes the people around me unhappy!■

The Expendables is at cinemas from 19 August





BONKERS BOOKES LABBELS



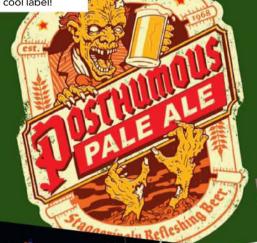
ENJOY RESPONSIBLY

ARROGANT BASTARD ALE

According to this glass, the devil is an arrogant bastard.
We probably wouldn't say that to his face, though, to be fair!

POSTHUMOUS PALE ALE

So, what is this? Beer made of zombies? A beer that zombies like to drink? Whatever it is, it's got a damn cool label!



FOX'S NOB & WYRE PIDDLE

Both of these sound like things you might pick up from not giving your chap a good and thorough clean. Be warned!









Nuts meets
Paul Halliday,
a young man
who claims
to have slept
with 3,000
women!

aul Halliday is single, 27, from Gravesend, and lives at home with his parents. Nothing out of the ordinary there. But Paul has a problem. A big problem. He's a sex addict who can't go longer than three days without doing the dirty deed. Here, *Nuts* catches up with Paul to find out if having so much sex is really as much fun as it sounds!

Hi Paul! Exactly how big is your sex drive? I think of sex every second of every day. I go to sleep thinking about sex, I dream about sex and I wake up thinking about sex. I'm always looking for the next girl to go home with. I'll never excel at anything other than sex, as I just can't concentrate on anything else for long.

When do you think your addiction started? I lost my virginity just before my 14th

birthday with a girl called Sarah. We slept together four days after meeting and went out for a year. As soon as I lost my virginity, I wondered what else was out there and became a serial sh*gger. Sarah was my last serious girlfriend. So you always knew you were a bit different? Not at first. When I was younger, I thought everybody else couldn't keep up and I was the normal one. I was about 16 when I realised I had an abnormally high sex drive. By the time I was legal, I'd slept with about 200 girls. How many women do you sleep with a week now? I go on a bender every Thursday, Friday and Saturday, and will usually sleep with different women on those nights. And during the week, my mate and I go to random places in the hope of pulling. We just know we're always guaranteed new talent in different areas. What's the longest you've gone without sex? When I

What's the longest you've gone without sex? When I was 17, I caught an STD, which put me out of action for six weeks. Other than that, it's been four days. I started to feel really depressed and rundown. My whole body felt like it was shutting down. I was like, 'If I don't have sex, I'm going to get ill or die!'

What's your secret? I've got a good sense of humour and can make girls laugh. As you get older, you realise the chat is important. Me and my best mate, Dan, are a bit of a double act. When we're out together, we're guaranteed to pull. He's fat and ginger, though, so he always has my scraps! Do women know what you're like before you sleep with them? I'm pretty honest. I may be a womaniser but I'm still friends with many women I've slept with. The population of Gravesend is only 57,000, so I've often walked into a bar where there'll be ten women I've sh*gged. If I wasn't a nice chap, I wouldn't still be alive! What are the most random places you've had sex? In the toilets of an art gallery, on a bouncy castle, in a hammock on the beach, on a train, in my front garden... What's the most girls you've

bedded in one day? Six, when I was 24. I had my parents' gaff to myself and wanted to make the most of it. In the day, I bedded four women, then I went out and brought two girls home for a threesome. Tell us about your first threesome. Actually, it was a foursome. When we were 19, me and Dan got chatting to these identical twins in the pub one night. They both had gigantic knockers! They invited us back to their flat. we started playing drinking games and snogging, and it went from there. Basically, it was just one big fumble.

Although we did try a spit roast, which was fun. I'd never heard my mate's sex noises before, so I kept laughing, which I guess wasn't very appropriate! I've had about 15 threesomes.

Of the women you've slept with, how many would you rate as stunning, how many would you rate as stunning, how many would you rate as fit, how many were rough and how many looked like a pitbull licking p*ss off a thistle? I've slept with a good 400 models and they were all pretty fit. Well, when I say models, I mean glamour rather than super. But I'd say: Stunning –50 per cent; Fit –43 per cent;

Rough – six per cent; Pitbull licking p*ss off a thistle – one per cent.

How old have you gone?
About 20 per cent of the women I've sh*gged were cougars. The oldest was 47, when I was 26. When I was a wee boy aged 15, I slept with a 38-year-old, but she didn't know how old I was. I ran off when I found out her daughter was the same age as me!

Have you tried to stop your

when I found out her daughter was the same age as me!

Have you tried to stop your addiction to sex? When I was 21, I went through a stage of wanting a serious girlfriend, but I knew my sex drive was getting in the way of this.

I even considered getting my d*ck pierced, as I thought it might slow me down a bit!















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i Seren! You're Welsh and have big boobs - is there some sort of Welsh secret to having big boobs that you're keeping from all of us? No! Although there are loads of Welsh beauties with big boobs out there. Maybe I should make up a really weird regime for making your boobs bigger and see if anyone follows it! Do your boobs have any special talents? When I was younger, they had a talent for getting me into trouble! But in my school yearbook, they dedicated a whole section to my boobs, so that was nice. What's the sexiest thing you can do with your boobs? I like using them in the bedroom, if you know what I mean! Why are big boobs so great? Because everyone loves them! Blokes love staring at them and girls love having a cheeky squeeze. I don't know why girls think it's OK to come up to me and grab my boobs. I'm not complaining but I wouldn't be happy if a bloke did it! Do you have nicknames for your boobs? No, but one of my friends has called hers Chas and Dave. I don't think that would be very sexy in the bedroom, would it? "Go on, give Chas a lick!" Ha-ha! Tell us a funny story about your boobs. I was in America recently and I met this old couple who were obsessed with them. The woman had had loads of plastic surgery and she kept saying, "Oh my gawd, can you believe these things?" to her husband. I was like, "I'm standing right here!" Finally, what makes a perfect pair of boobs? I like boobs to be pert and almost pointing upwards. Luckily, mine do that and they happen to be massive as well! I just hope it lasts! →











Nuts SPORT

LEAPING ABOUT LIKE LOONS, EVERY WEEK!

Martin O'Neil's maddest moments

The reasons we love the former Villa boss!

ccording to reports,
Aston Villa players
were texting photos
of champagne bottles
to each other last week upon
hearing the news that Martin
O'Neill had resigned, ending
a four-year tenure at Villa Park.

Well, the players might not miss him but we think the Irish gaffer's magic, mainly because he's loopier than a lagered-up chimp in a stunt plane.

Wherever he heads next, you know it won't be quiet. Here are just some of the reasons why!

HE'S A BIT NUTS!



Likeling Challing Cha

Neil Lennon said of his former Celtic and Leicester boss, "He's the only guy in whose company I feel uncomfortable. You never know how he's going to react!" "Aw, are you sure they weren't shouting, 'Ginger winner'?"

WORDS: TIM BRADLEY PHOTOSI GEITY CORBIS





by Fabio Capello to take the attention away from him and his England squad, it was a harsh one. Calling time on David Beckham's England career without telling him was cruel, to say the least, and one of the side's most loyal servants for the last 13 years deserved better.

After years as a loyal servant, he deserved better"

would play for his country again, especially after the clamour for Fabio to pick younger players following the World Cup disaster, but there's no way on earth a prematch interview should be used to get rid of a man who's done so much for the game worldwide.

I was at the match against Hungary and I have to say it was tremendous to see so many people come out and support the side, despite everything that's happened - it shows we have the best fans in the world!

promise, with some good performances from the new faces and youngsters Capello had to bring in. And finally, we saw what Stevie Gerrard can do when he's played behind a main striker, the Liverpool man responding with two goals.

However, if England don't win their next game - the qualifier against Bulgaria - I believe the FA will be after a new boss. And that might not be a bad thing!

By the way, you can follow me on Twitter now! I'm at twitter. com/chris_kammy. Cheers!

HAS IT!

I have it on good authority that Man City will sign the Brazilian defender David Luiz in this transfer window.





Wasn't it nice to see Fabio Capello sending England out with a new formation for a change! Shame he couldn't manage it at the World Cup!





HIDING AWA

But it was unforgivable for the boss to hide away and not go into the technical area once. Whoever advised him to avoid the boos is out of order.

ASK KAMMY!

Hi Kammy!

Having seen both sides in action now, do you think Chelsea and Man United have made the right signings in order to continue their dominance this season?

John J. Sheffield

They haven't signed anyone at all, have they? Ha-ha! Only joking! I think they'll still be the top two, but there's a lot of transfer poker being played at the moment, and the last

few days of the window will be hectic. I think there'll be a few more big names coming in yet!

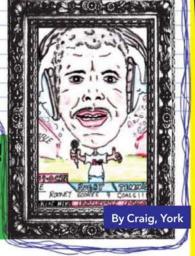


DRAW KAMMY!

This is a great effort from Craig! Keep them coming, lads. And ladies! Can you beat it? Send in your efforts and a signed *Nuts* T-shirt could be on its way to you!

Kammy needs you!

Send Kammy your jokes, pics and anything else you think might tickle him to kammy@ipcmedia. com. The best one each week will be sent a signed *Nuts* T-shirt!







"A Monday night cracker, this one, and I think it'll be a very entertaining draw, with both sides capable of scoring goals. Torres could be the key!"

KAMMY SAYS: 1-1



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MAN-LYVE CORNER!





11



OUOTE ME ON THAT!'

This week's biggest match debaters!

"The two players are different. **Benayoun** is Benayoun, Joe Cole is Joe Cole"

"In a year, my girlfriend will be a physio. Massage for me every night!"
Theo Walcott looks forward to a handy post-match bony

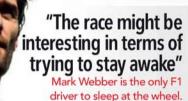
"Gordon Strachan tripped over my face once



etersen was a real cuckoo" eoff Boycott.







"Mark Hughes is going to win us the Championship

'OO-ER SOUNDS A BIT RUDE' CORNER!

"When you go down, you get a wet hand Nasser Hussain must be doing

"I forgot to put my pants on. I realised when it fell out of my trouser lea" Robbie Savage

reveals his tackle.

"You always want a big man filling in behind you"

"Adel Taatabt thinks he should be playing for Real Madrid or Barcelona, but they wouldn't touch him with a barge pole"

"I go off the booze two months a year and then the other ten months I go mad"

th boss Peter Re d reveals how d for a drink most of the year.



it wrong.







DISCUSS STRIKER, NUTS, FOOTBALL OR ABSOLUTELY ANYTHING ON Strikerworld FORUM AT striker3d.com





We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

eal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one recent winner walked off with £1.4m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

DEAL OR NO DEAL BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

He won big!

Chris B won £456,168 on Deal or No Deal!**

"It's brilliant! I might move somewhere hot and buy a house. It hasn't sunk in yet!"



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BEDROOM BABES!

Vote for your favourite - and she'll star in Nuts!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN

Kate

26, Stoke-on-Trent, homemaker "I never get chatted up, I only get beeped at by blokes in cars. Come on, lads, sort it out!"

Emily

22, Croydon, nurse"My best features are my f

"My best features are my face, boobs, body, legs, hair and personality – all of them, really!"

Janine

19, Glasgow, retail adviser "My sexiest outfit is a corset

and suspenders set – it's seethrough in all the naughty bits!"

Hollie

20, London, beauty therapist "My smile helps me get what I want when I'm out, and every man loves a curvy woman!"

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of Nuts! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

REAL GIRLS, REAL PLACES!

THIS WEEK: Name: Joleigh Age: 20 Likes: "Bad boys!" Boobs: 32E. "I love them!" Ever kissed a girl? "Once. I was drunk!" Strangest place you've had sex: "Down a dark alley. Classy, eh?"

Sex tip: "Kiss my neck!"

RUNCORN

TOWN HALL

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 70. You must be at least 18 years old.

Joleigh's rather racy tour of Runcorn

We've found another cutie in Cheshire!

Joleigh on... her home!

"I'm in Runcorn in Cheshire. Most people only know it from Two Pints Of Lager... but it's just like that - nothing else to do apart from go to the pub!"



"I sleep a lot and if I don't get enough, I'm very, very grumpy! I don't usually see the morning. If it's cold, I like a cuddle but if it's hot, I prefer to be cool."





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LADIES REAL STORIES! CONFESSION TO OUR SECRETARY!



'She gave me a private dance'

One Friday night, I was out with my gay mate and she suggested going to a club. It was packed and this hot girl was working some moves on the podium. I couldn't take my eyes off her and she winked at me. When she finished, she headed for the toilets and beckoned me to follow her. As soon as I walked in, she dragged me into a cubicle. Stepping onto the loo seat, she gave me a sexy private dance, before hitching up her dress and playing with herself. Just as I was about to pleasure her, there was a bang on the door. Our fun was over – but I plan to go back another time! Sasha, London

'His hand went up my dress'

Last weekend, I went to a "picnic on the pitch" at my local cricket club. This really hot guy caught my eye and after a couple of glasses of wine, I plucked up the courage to go and talk to him. The sexual chemistry between us was obvious and before long, we were grinding up against each other to the music. At the end of the night, we called a taxi to take us home. When the car turned up, I opened the back door and noticed that the driver had some

papers on the seat. I bent over to move them and as I did, I glanced over my shoulder and gave my new man a wink. I suddenly felt his hand up my dress and his fingers finding their way into my thong. I gasped as he pleasured me, mumbling to the taxi driver that I needed a moment as I was feeling sick. We carried on the action at home and the next day, we learnt that the cricket club has CCTV cameras in the car park. I just hope no one saw my fella giving me that cheeky feel!

Jesse, Watford

'He gave me amazing oral'

My back was killing me, so I went to the new osteopath surgery at the end of my road. As I was filling out a form in the waiting room, the door opened and in walked the osteopath. He turned out to be a guy I'd gone to school with. Back then, he'd been a geek but he was looking fit now! After a bit of polite chit-chat, he invited me into his office and asked me to lie on the couch. As he leaned over me, I could feel his breath on my neck and I really wanted him naked on top of me. He rubbed my back, then my hamstrings, explaining they were tight and that I should try to stretch them more. As his hand rested on my thigh, I grabbed it and guided it up and down. He knew what I wanted and before long, his fingers were rubbing between my legs. I turned over and pulled him towards me. He kissed my neck,

telling me he didn't normally do this. But I couldn't bring myself to stop him and the next thing I knew, my knickers were round my ankles and he was giving me the most amazing oral sex. My back felt better the next day, too!

Polly, via email

IT'S LOU!

'His swollen tip drove me wild'

I'm not averse to trying new ways of dating, so I uploaded my details to a website and was soon inundated with pics from men. As I browsed through them, a really hot fireman from Brighton caught my eye. After flirting for a few weeks, he invited me to join him in a private webcam chat. The conversation soon got steamy and before long, we were both stripped down to our underwear. At this point, my "date" moved the webcam down to show me his impressive hardon. After rubbing his shaft up and down, he moved it right up to the camera so I could see the swollen tip of his manhood. This drove me wild, so I sat back and drove my sticky fingers deep inside me. He climaxed soon after and before long, I was shuddering, too. I'm now a webcam sex addict!

Amanda, Sussex

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ ipcmedia.com or to the address on p70. The best one each week* wins £50! Come on, girls!



ONLY IN

BABES OF MYNUTS!

"Me trying to be serious, which

doesn't happen very often!"

The hottest ladies from our website

"Sat in the bath drinking beer! Random, eh?"

"These undies make my legs look even longer!"

"I like this shot because

it's nice and natural."

THIS WEEK: Rhiannon

20, from Bath

Favourite tipple? "Malibu."
Favourite music? "A bit of
everything, but mainly R&B."
Favourite TV? "I love reality TV.
Jersey Shore is my favourite
show at the moment."
Likes? "Being happy, big boobs,
theme parks, fancy-dress parties,
laughing, stand-up comedy,
holidays and lots more!"
Dislikes: "Mornings, spiders,
wet weather, being unemployed
and sushi. Yuck!"

Superpower you'd like to have? "Ooh, that's a tough one. I'd like to be able to fly or breathe underwater. There are too many cool ones to choose from, so I'd like to have them all, please!" What else? "I have a crazy sense of humour and I'm usually laughing about something. Please rate my pics, guys, as I'd love a photo shoot with Nuts!"

To see more of Rhiannon, visit www.nuts.co.uk/mynuts/rhi_purdy

"Eating the biggest steak ever. Yummy!"

HAPPY 15TH BIRTHDAY



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Nuts FASHON

None-too-shabby ways to look suave while the sun shines

WORDS: STEVE BUCHAN PHOTOS: ALAN MCFADEN





Nuts REVIEWS



KANE & LYNCH 2 PC, PS3, XBOX 360



This superb run 'n' gun sequel has you playing career crim (and certified loon) Lynch, as he and his partner rampage through Singapore getting into bigger and bigger scrapes with the police and Triads. New, and utterly brilliant, is a documentary-style shaky-cam that makes every firefight feel authentic and terrifyingly visceral. Impressive stuff!



LARA CROFT... PLAYSTATION NETWORK, XBOX LIVE ARCADE



Everyone's fave sexy grave-robber is back in *Lara*

Croft And The Guardian Of Light, a download-only console outing. New are an almost top-down camera and co-op play. ★★★★



AQUATTACK PSN MINIS



New take on the classic "match three things" puzzle that has you shuffling

hapless fish and stuff into lines of three, four or five same-coloured sea-dwellers to save them. ***



bwin

Gather your cardsharking mates round a table and load up this ace free poker

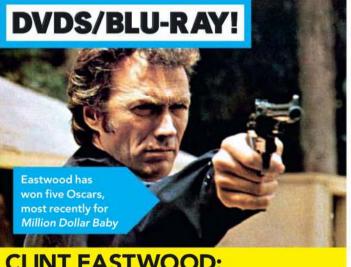
clock. You'll be sure to never lose track of the blinds again. ***

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Put that pie down and see what you'd look like as a right bloater with this highly

amusing app. Sure to keep you off the cakes and biccies! ****



CLINT EASTWOOD: 35 FILMS, 35 YEARS CERT 18 DVD



The man who can say more with a low, guttural growl than most

actors can manage with their entire vocabulary has made and starred in scores of brilliant movies throughout his career. And now you can own 35 of the very best with this boxset, which features such classics as *Dirty Harry*, *Unforgiven* and *Every Which Way But Loose*. So what are you waiting for, punk? Grr. ****

SONS OF ANARCHY: SERIES TWO CERT 15 DVD & BLU-RAY



A motorcycle club protect their small town against drug dealers, corporate developers and the police in this top drama. ****

CENTURION CERT 15 DVD & BULLRAY



Neil "Dog Soldiers"
Marshall brings us a
bloodthirsty actionadventure about a
Roman soldier stuck
behind enemy lines
in 117 AD. ****

DEXTER: SERIES THREE CERT 18 DVD & BLU-RAY



Dexter is back for a third series. Now he's got a family to worry about, will he stop catching and killing victims? Doubt it! ***





The heavy metal titans' 964th studio album in their 35th year (!) is a faultless exercise in brutal

riffing and over-the-top hoo-haa.

Truly, we're not worthy! ***

VARIOUS ARTISTS AZULI PRESENTS... IBIZA 10



If you're enjoying the *Nuts* night at Ibiza's Eden club, you'll love the top house tunes on

here, mixed by David Piccioni. Whoever the flip he is! ****

The latest action-packed releases!

Ratings: ★★★★★ Genius ★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish



THE EXPENDABLES CERT 15

Brace yourself for a wave of carnage as Sly Stallone heads a team of mercenaries on a mission to overthrow an evil (aren't they always?) South American dictator. With the likes of Jason Statham,

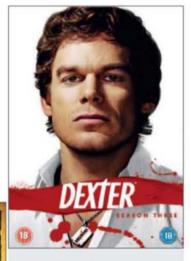
spy, in a twisty, fun thriller. ★★★

Jet Li, Dolph Lundgren and former UFC champ Randy Couture on board, it's a testosterone overload! Expect fights galore, plenty of cheesy dialogue and brappingly big guns. Get some! ★★★★



press play





3 DVD out now

In Season 3, Dexter has a new take on taking life when a high profile case puts him in the sights of the most powerful and influential D.A.

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Season 2 of the drama

about a notorious outlaw

motorcycle club intent on protecting their sheltered small town against

encroaching drug dealers, corporate developers and overzealous law officers

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4 DVD out now



Nuts

Seven days of brilliant telly for blokes!



BBC

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 Living Dangerously (R) 11.30 Cash in the Attic (R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.30 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC

6.00am CBeebies 8.00 CBBC 11.00 FILM D2: The Mighty Ducks: Comedy sequel starring Emilio Estevez. 12.40pm [ELM] The Fast Lady: Comedy starring Stanley Baxter. 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Cash in the Celebrity Attic 5.15 Escape to the Country (R) 6.00 Eggheads (R) 6.30 Restoration Roadshow

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Dinner Date 1.30 ITV News 1.55 Regional News, Weather 2.00 Dickinson's Real Deal (R) 3.00 The Michael Ball Show 4.00 Inspector Morse (R) 5.00 Britain's Best Dish 6.00 Regional News, Weather 6.30 ITV News

7.00 The One Show 7.30 A Question of Sport

With former England bat-swinger Mark Butcher and footy boss Chris Coleman.

8.00 EastEnders

More Londoners go around shouting "Pat!" and "Ricky!" really loudly.

8.30 QI

Brain-bothering quiz with Jimmy Carr, Sean Lock and Marcus Brigstocke. (R)

9.00 Celebrity MasterChef -The Final

The grand final of wok-wielding.

10.00 BBC News, Weather 10.35 Would I Lie to You?

With fun-sized comic Ronnie Corbett.

11.05 The National **Lottery Draws**

11.15 Snake Eves

FILM Supsense thriller starring Nicolas Cage.

12.50am Sign Zone: Monty Halls' Great Hebridean Escape Reports from the middle of nowhere. (R)

1.50 Celebrity MasterChef: The semi-final stage. (R) 2.50 Celebrity MasterChef (R) 3.20-6.00am BBC News

7.00 Who Do You Think You Are? (R)

8.00 Mastermind

NEW Swots answer questions about people we've never heard of. John Humphrys hosts.

8.30 Gardeners' World Weed-related witterings.

9.00 Home Movie Roadshow

10.00 Roger and Val Have Just Got In

Thanks for the heads-up - we're off!

10.30 Newsnight 11.00 The Review Show

at the Edinburgh Festival Once upon a time, Kirsty Wark, Ian Rankin

and guests discussed the state of fiction, so we left them to it. The end.

11.50 That Mitchell and Webb Look

The duo visit Sherlock Holmes. (R)

12.20am Shooting Stars (R)

12.50 Russell Howard's Good News (R)

1.20-2.35am My Baby's Daddy: Comedy starring Eddie Griffin.

7.00 Emmerdale

Scarlett and Eve brainstorm business ideas. We reckon they'll set up a farm.

7.30 Coronation Street Let's ignore this and hope it goes away...

8.00 Dickinson's Real Deal It worked! Ace! (R)

8.30 Coronation Street D'oh!

9.00 Doc Martin

Pauline finds out about Martin's imminent departure to London. (R)

10.00 ITV News, Weather

10.35 Daylight

FILM Disaster movie starring Sylvester Stallone.

12.40am The Zone Time for hed

2.40 Jeremiah Johnson: Adventure starring Robert Redford and Will Geer. 4.25-5.30am ITV Nightscreen

am

BBC2 WALES: 7.00pm SPORT Sport Wales 7.30 South Africa Walks STV: 8.00pm Postcode Challenge 9.00 Police, Camera, Action! 10.35 SPORT STV Sports Centre 11.05 TV's Naughtiest Blunders 12.00m't Roulette Nation 1.00am Nightwatch with Steve Scott: Crime 2.00-5.30am The Nightshift ULSTER:

10.35pm Drama Trails 11.35 Grimefighters 12.00m't Brain Box: Interactive game show. 2.30am UTV Rewind

TODAY'S SPORT

6.00am Good Morning Sports Fans 9.00 Premier League World

9.30 Transworld Sport 10.30 Live Cricket: The third Test between England and Pakistan. (HD)

7.00pm Premier League Preview 7.30 WE Rugby League: Super League egg-chucking between Warrington Wolves and Hull FC, kick-off 8pm. (HD) 10.00 Take It Like a Fan: Football quiz

presented by John Fendley. 10.30 Premier League Preview: A look ahead to Arsenal vs Blackpool, Fulham vs Man United and Man City vs Liverpool.

11.00 Football League Weekend (HD) 12.00m't Rugby League (HD)

4.00 Premier League Preview 4.30 Football League Weekend (HD)

1.30am Cricket (HD) 3.30 Take It Like a Fan

5.30-6.00am Take It Like a Fan

sky SPORTS 2

6.00am Aerobics

6.30 Ocean Ride 7.00 Cricket (HD)

9.00 NRL Fulltime

9.30 Rugby League 11.30 WWE: Raw (HD)

1.30pm Rugby Union: Wales vs Australia, kick-off 2pm. (HD)

4.00 Rugby Union: New Zealand vs South Africa, kick-off 4.15pm. (HD)

6.00 Rugby Union: England vs Ireland, kick-off 6.30pm. (HD)

8.30 Test Cricket (HD)

10.30 WWE: Late Night - Smackdown: Over-the-top wrestling action. (HD) 12.30am WWE: Late Night - Bottom

Line: Highlights of Raw. (HD) 1.30 Rugby Union (HD)

3.30 Tight Lines (HD)

4.30 Rugby League

5.30-6.00am Ocean Ride

ON DIGITAL, SATEI

FILM4 (315)

6.35pm The Family Man: Romantic comedy fantasy starring Nicolas Cage. 9.00 What Lies Beneath: Supernatural thriller starring Michelle Pfeiffer. 11.40 28 Days Later: Horror thriller starring Cillian Murphy. 1.55-4.00am Suspiria

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Scrubs 9.00 Michael McIntyre's Comedy Roadshow 10.00 Peter Kay at the Comedy Store: Stand-up. 10.30 Lee Evans XL Tour 11.50 Sean Lock: Live at Hammersmith Apollo 1.00am South



7.00pm Goal! 7.30 LIVE German Football 9.30 Top

14 Rugby Union 11.15 UFC 12.15am Australian Rules Football 2.45 Premier League Preview 3.15 Baseball 3.45 UFC 4.45-5.15am UFC All Access

20 AUGUST FRIDAY

6.05am The Hoobs (R) 6.55 Big Brother's Little Brother 7.20 Big Brother (R) 8.30 Frasier (R) 8.55 T4: Smallville (R) 9.50 Privileged 10.45 Friends (R) 11.45 Pocket TV 12.00noon Channel 4 News Summary 12.05pm Brothers & Sisters 1.00 The TV Book Club (R) 1.30 WE Channel 4 Racing: The final day at York. 3.40 Celebrity Come Dine with Me Extra Portions (R) 4.10 Deal or No Deal: Hall of Fame (R) 5.00 A Place in the Sun: Home or Away (R) 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Lorraine Kelly's Big Fat Challenge 11.45 CSI: NY (R) 12.40pm Five News 12.45 Build a New Life in the Country (R) 1.40 Don't Stop Believers 1.45 Neighbours 2.15 CSI: NY (R) 3.05 Flower Girl: Drama. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 The Boss Is Coming to Dinner 6.25 Don't Stop Believers (R) 6.30 Live from Studio Five



6.00am A Town Called Eureka (R)(HD) 7.00 Brainiac's Test Tube Baby (R) 8.00 Brainiac: Science Abuse (R) 9.00 Oops TV (R)(HD) 9.30 Oops TV (R)(HD) 10.00 Grease: The School Musical (R)(HD) 11.00 Don't Forget the Lyrics (R)(HD) 12.00noon Sell Me the Answer (R)(HD) 1.00pm Malcolm in the Middle (R) 1.30 Malcolm in the Middle (R) 2.00 A Town Called Eureka (R)(HD) 3.00 Stargate SG-1 (R) 4.00 Stargate SG-1 (R) 5.00 SPORT WWE Superstars (HD) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons



DRAMA It's a brand-new series and Dexter – family man, Miami police blood-

spatter expert and serial killer - comes up against

Definitely the best thing on TV right now! ★★★★

a new challenge in a scary nemesis called Trinity.

TODAY'S MUST-SEES

Homer wins \$1million. Woo-hoo! (R)(HD) Dexter FX. 10pm

7.30 The Simpsons Homer and Marge play for a curling team in the Winter Olympics. (R)(HD)

8.00 Must Be the Music The start of the auditions. Dizzee Rascal's

on the judging panel! Ace! (R)

9.00 Must Be the Music Keeps those ears covered, (R)

10.00 Bones A wealthy adventure-seeker dies. (R)(HD)

11.00 Lie to Me Cal tries to stop the execution of a man

he helped convict. (R)(HD)

12.00m't Road Wars Road-related rumbles. (R)

The emergency barber wasn't sure who should get priority Pete Versus Life Channel 4, 10pm

COMEDY The sports journo begins dating an older woman, but it's not long before things start going pear-shaped, as his daily commentators Colin King and Terry McIlroy are only too happy to highlight... in detail! ****

7.00 News

7.25 4thought.tv

The importance of faith at a Premier League football club.

7.30 Teen Undertaker Coffin-carrying antics.

8.00 A Place in the Sun: Home or Away

Pad-hunting in Portugal.

9.00 Big Brother Another housemate gets the shove.

10.00 Pete Versus Life

MUST-SEE The journalist dates

10.35 Big Brother 11.25 Stand Up for the Week Best Bits

12.15am 4Music: CTRL Student Tour (R) 12.30 Boardmasters

Presents Plan B 12.45 The Album Chart **Show Spotlight**

1.00 Big Brother: Live 3.10 This Week's 4Music Top 20 5.00 Beauty and the Geek (R) 5.45-6.10am The Hoobs (R)

7.15 Cricket on Five

7.00 Five News at 7

SPORT Ball-hammering in the third Test between England and Pakistan at the Oval.

8.00 Police Interceptors

The cops try to track down the people responsible for stealing a big telly.

9.00 The Mentalist

Patrick investigates the double life of a murdered businessman. (R)

10.00 Law & Order: **Special Victims Unit**

A high-profile lawyer is charged with rape.

10.55 Don't Stop Believers (R) 11.00 CSI: NY

A vocal coach is murdered in a theatre. (R)

12.00m't SuperCasino Gambling gubbins.

4.05am The Boss Is Coming to Dinner 4.30 SPORT Motorsport Mundial 4.55 County Secrets 5.10 The New Tomorrow 5.35-6.00am Michaela's Wild Challenge

1.00am UK Border Force 1.50 Oops TV 2.15 Oops TV 2.40 Road Wars 3.30 The 4400 4.20 Top Design 5.10-6.00am Are You Smarter Than a 10 Year Old?

LITE AND CABLE TV TONIGHT

Park 2.00 Almost Famous 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)

7.00pm The Real Hustle: Celebrity Scammers 7.30 Top Gear 8.30 Wu-How 9.00 The Real Hustle: Celebrity Scammers 10.00 EastEnders 10.30 Peckham Finishing School for Girls 11.30 Family Guy: James Woods seeks revenge on Peter. 12.15am Young, Dumb and Living Off Mum 1.15 The Real Hustle: Celebrity Scammers 2.15 Peckham Finishing School for Girls: Last in the series. 3.15 The Real Hustle: Celebrity Scammers 3.45 Wu-How 4.15-5.15am Young, Dumb and Living Off Mum

7.00pm Hollyoaks 7.30 Friends 9.00 Supernanny 10.00 Supersize vs Superskinny 11.05 Rude Tube: A celebration of the most popular stars. 11.20 Big Brother's Big Mouth 12.25-6.00am Big Brother: Live

DAVE (111)

7.00pm The Gadget Show: The latest technological toys. 7.30 Crash: Outrageous crashes. 8.00 Dragons' Den: On Tour 9.00 QI: With John Sessions and Clive Anderson. 10.20 Men Behaving Badly: Tony is forced to hide in a water tank. 11.40 QI 1.00am Men Behaving Badly 2.15-3.00am Banzai

MTV (350)

7.00pm My Life as Liz 7.30 Cribs 9.00 Christina Aguilera: Storytellers 10.00 Behind the Music 11.30 World Stage: Performances by famous stars. 12.00m't South Park 3.00-6.00am All the Hits

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Warehouse 13 9.00 Star Trek: Enterprise

10.00 Supernatural: A comatose Dean is stalked by a Reaper. 11.00 Star Trek: Enterprise 12.00m't Challenge Jackpot 3.00am Brit Cops: Zero Tolerance 4.00-5.00am Street Crime UK

SYFY (129)

7.00pm Legend of the Seeker 8.00 A Town Called Eureka 9.00 Stir of Echoes: Psychological thriller starring Kevin Bacon. 11.00 TIM The Grudge 3: Horror sequel starring Matthew Knight. 12.50am Terminal Error: Sci-fi thriller starring Michael Nouri and Marina Sirtis. 3.00 Legend of the Seeker 4.00 Angel 5.00-6.00am Smallville

FX (164)

7.00pm Third Watch 7.45 NCIS 10.00 Dexter: He's back! 11.00 Burn Notice 12.00m't Farscape 12.45am Babylon 5 1.30 ReGenesis 2.20 Water Rats 3.05-3.55am Tour of Duty



Nuts V

6....

ONI

6.00am Breakfast 10.00 Saturday
Kitchen Best Bites 11.30 What to Eat Now
(R) 12.00noon BBC News, Regional
News, Weather 12.15pm [accord] Football
Focus 1.00 [accord] Sailing 1.50 [accord] The
Youth Olympics 2.20 [accord] Seabiscuit:
Drama starring Tobey Maguire. 4.30 [accord]
Final Score 5.20 Hole in the Wall (R) 5.50
BBC News, Regional News, Weather
6.10 101 Ways to Leave a Gameshow

TWO

6.00am CBeebies 7.25 CBBC 12.00noon BBC Switch: Degrassi: The Next Generation 12.25pm Scene Stealers 12.55 The 5:19 Show 1.20 The 5:19 Show 1.30 The Almost Perfect Guide to Life (R) 1.55 Revealed 2.10 Revealed 2.25 CBB Advise and Consent: Melodrama starring Henry Fonda. 4.40 The Great British Bake Off (R) 5.40 Caravans: A British Love Affair (R) 6.40 BBC Proms 2010

itv 1

5.30am ITV News 6.00 GMTV 9.25
The Crocodile Hunter Diaries (R) 10.25
Children's Hospital (R) 10.55 Monk 11.55
News, Weather 12.00 noon This Morning:
Saturday 1.00pm To the Man with the
Golden Gun: James Bond adventure with
Roger Moore and Britt Ekland. 3.20
Midsomer Murders (R) 5.20 Regional
News, Weather 5.30 ITV News 5.45
You've Been Framed! (R) 6.45 Odd One In

4

6.10am The Hoobs (R) 6.35 SECTI World Sport 7.00 SECTI The Grid 7.30 SECTI British Formula 3 Championship 8.00 SECTI The Morning Line 8.55 T4: Friends (R) 9.55 Ugly Betty (R) 10.55 Big Brother (R) 12.40pm The Hollyoaks Music Show 1.10 Countdown to V Festival 2010 2.00 Live Channel 4 Racing: From Sandown Park and Chester. 4.00 Come Dine with Me Extra Portions (R) 5.00 V Festival 2010: Live 5.30 Come Dine with Me Extra Portions (R) 6.30 News 6.55 4thought.tv

FIVE

6.00am Milkshake! 10.00 Don't Stop Believers 10.05 How Do They Do It? (R) 10.35 The Gadget Show (R) 11.35 Great Railway Adventures with Dan Cruickshank (R) 12.35pm Going the Distance Movie Special 1.10 Don't Stop Believers (R) 1.15 IIII Murder She Said: Miss Marple comedy thiller starring Margaret Rutherford. 2.55 IIII Bear Island: Adventure thiller starring Donald Sutherland. 5.00 IIII Sinbad and the Eye of the Tiger: Fantasy adventure starring Patrick Wayne and Jane Seymour.

Zpm

7.10 Tonight's the Night

An aspiring comedian joins Adam Sandler and Chris Rock on the red carpet. Blimey! Whatever happened to suffering years of toil and abuse in poky comedy clubs?

8.00 The National Lottery: Saturday Draws

Ball-rolling antics.

8.10 Casualty
Trolley-dashing drama.

9.00 John Bishop's Britain

MUST-SEE Fun with the Jamie Carragher lookalike.

9.30 Live at the Apollo Comedy, with guest Natalie Cassidy. (R)

10.15 BBC News, Weather 10.30 Match of the Day

SPORT Gary Lineker presents action from more matches for Alan Hansen to moan about, including Wigan Athletic vs Chelsea.

11.50 The Football League Show

SPORT Round-up of the day's lower-league action.

8.30 Dad's Army

"Left, right, left, right..." (R)

9.00 Have I Got a Bit More News for You

Headline-related fun-poking. (R)

9.45 Vexed

Comedy drama written by the same bloke who penned Misfits, but not as good. (R)

10.45 Grandma's HouseSimon brings his mother an extravagant gift that she refuses to accept. (R)

11.15 Russell Howard's Good News

Mock the Week-lite laughs.

11.45 The Life Aquatic with Steve Zissou

Weird comedy drama starring Bill Murray. A marine expert has to contend with pirates and his estranged wife, while searching for the shark that ate an old friend.

7.30 The X-Factor

MUST-SEE The first round of auditions, as another load of hopefuls begin a journey that'll end with one of them making guest appearances on shows like the next one.

9.00 Magic Numbers

With a guest appearance from former X-Factor winner Alexandra Burke. Told you!

10.00 The Bourne Identity

FILM Brilliant spy thriller starring
Matt Damon. Sorted!

11.15 ITV News, Weather
Or it would be were it not for this

interfering. Oi, news - do one!

11.30 The Bourne Identity
Finally - the last bit of the top spy thriller.

12.30am The Zone
Shopping and interactive gaming.

7.00 Elizabeth

Docu about the Queen's relationship with Camilla Parker Bowles. (R)

8.00 The Queen

Drama about the Queen's relationship with Camilla Parker Bowles. Give us a break, Channel 4, will you? (R)

9.00 Big BrotherThe latest highlights from the house.

10.00 8 Out of 10 Cats: Best Bits

Highlights from the most recent series. It might be a bit old but it's still funny.

10.50 Rude Tube Awheelchair backflipper. Respect! (R)

11.25 Music on 4: V Festival 2010: Saturday Highlights Atop line-up, including Kings of Leon,

Editors and Paul Weller.

12.55am Big Brother: Live

The housemates call it a night.

7.10 Five News

7.15 Cricket on Five

SPORT Ball-bashing between England and Pakistan.

8.05 NCIS

A Navy captain is held hostage. (R)

9.00 CSI: Crime Scene Investigation

Crime, Vegas-style as a couple are murdered in a seedy hotel room. (R)

10.00 CSI: Crime Scene Investigation

Three people claim responsibility for the murder of a rapist. (R)

10.55 CSI: Miami

A government weapons truck is hijacked, leading to all sorts of bother. (R)

11.55 Don't Stop Believers
Coveryour ears. Or switch off the TV. (R)

12.05am SuperCasino Live interactive gaming.

1...

1.15-6.00am BBC News

1.40-3.10am Suzie Gold: Romantic comedy starring Summer Phoenix.

2.30 October Road (R) 3.20 Raines (R) 4.05-5.30am ITV Nightscreen

3.05 The Real Housewives of New Jersey (R) 3.50 What About Brian: *US drama*.
4.30 Wreck Detectives (R) 5.25-6.10am Beauty and the Geek: *Reality series*. (R)

4.05 Wildlife SOS (R) (R) 4.55 The Family Recipe (R) 5.00 Hana's Helpline (R) 5.10 The Milkshake! Show (R) 5.35 Thomas & Friends (R) 5.45-6.00am Roary (R)

EGIONAL

BBC2 SCOTLAND: 6.10pm A History of Scotland 7.10pm BBC Proms 2010 STV: 12.30am Roulette Nation 1.00 Comedy Classics: Rising Damp. Ask your parents. 1.25 Rising Damp 2.00-5.30am The Nightshift ULSTER: 12.30am Brain Box

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics

6.25 WE Rugby Union: The ITM Cup match between Counties Manukau and Manawatu, kick-off 6.30am. (HD)
8.30 WE Rugby Union: Wellington vs

8.30 Rugby Union: Wellington vs Waikato, kick-off 8.35am.

10.30 Cricket: The fourth day of the

10.30 Live Cricket: The fourth day of the third Test between England and Pakistan at the Oval. Come on, England! (HD)
7.00pm Live Rugby League: Crusaders vs St Helens, kick-off 7.15pm. (HD)

9.30 Cricket (HD) 11.30 FIFA Futbol Mundial

12.00m't Tennis: The second semifinal of the Cincinnati Masters in Bognor. No, not really – it's in Ohio.

2.00am Rugby Union: The Tri-Nations match betweeen South Africa and New Zealand in Johannesburg. (HD)

3.30 Cricket (HD) 5.30-6.00am FIFA Futbol Mundial

sky SPORTS 2

6.00am Transworld Sport 7.00 FIFA Futbol Mundial

7.30 Take It Like a Fan

8.00 Football League Weekend (HD) 9.00 Premier League Preview: A look ahead to Arsenal vs Blackpool, Fulham vs Man United and Man City vs Liverpool.

9.30 Take It Like a Fan
10.00 Soccer AM: Football fun with
Max Rushden and Helen Chamberlain.
12.00noon Type Football: Coventry vs

Derby, kick-off 12.15pm. (HD)

2.30pm Take It Like a Fan: Football quiz presented by John Fendley.

3.00 WWE: Smackdown (HD)
5.00 MUSTISSEE Football: Wigan vs Chelsea at the DW Stadium, kick-off 5.15pm. (HD)

7.30 You're on Sky Sports! 8.25 Football First (HD)

4.15am Rugby League (HD) 5.45-6.00am Sky Sports Classics

FILM4 (315)

6.55pm Young Sherlock Holmes: Teen adventure starring Nicholas Rowe. 9.00 The League of Extraordinary Gentlemen: Adventure starring Sean Connery. 11.05 28 Weeks Later: Horror sequel starring Robert Carlyle. 1.00am Camiled Blood and Chocolate: Horror starring Agnes Bruckner. 2.50 Frightfest Special: Eli Roth 2.55 Frightfest Special: Adam Green 3.00-3.10am Inception Special

COMEDY CENTRAL (126)

7.00pm Rules of Engagement 8.00 Two and a Half Men 9.00 Peter Kay at the



5.30pm LIVE German Football 7.30 ESPN Kicks

Extra 7.45 Live Dutch Football 9.45
Bundesliga 11.30 Russian Football
1.15am Australian Rules Football 3.45
ESPN Kicks Extra 4.00-5.00am 30 for 30

Comedy Store 9.30 Lee Evans Live in Scotland 11.00 Michael McIntyre's Comedy Roadshow 12.00m*(12.00m*) Almost Famous: Comedy starring Patrick Fugit. 2.20am South Park 3.20 Two and a Half Men 3.50 The King of Queens 4.15 Shortcuts Shuffle 4.20 Everybody Loves Raymond 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

BBC3 (115)

7.00pm Top Gear 8.00 The Real Hustle: Celebrity Scanniners 9.00 Limited Anchorman: The Legend of Ron Burgundy: Comedy: 10.35 Family Guy 12.30am Limited Scary Movie 2: Spoof horror sequel. 1.45 American Dadl 2.30 Inn Mates 3.00 The Klang Show 3.30 Wu-How 4.00 The Real Hustle: Celebrity Scammers 5.00-5.30am Wu-How

E4 (136)

7.00pm The Big Bang Theory 7.30 How I Met Your Mother 8.00 Friends 9.00 The 100 Greatest Kids' TV Shows 10.45 (2014) Doctor Dolittle: Comedy starring Eddie Murphy and Ossie Davis. 12.25am Friends 12.55-6.00am Big Brother: Live

DAVE (111)

7.00pm Ray Mears' Extreme Survival
7.40 Have I Got News for You 8.20 QI
9.00 Billy Connolly's World Tour of New
Zealand: Back-to-back editions of the
series. 2.15am The League of Gentlemen
2.45-3.00am Radical Highs

MTV (350)

2.30pm Teen Mom: Back-to-back editions. 11.00 World Stage 12.00m't Beyonce's Official Top 20 2.00am Behind the Music 3.00-6.00am All the Hits

VIRGIN 1 (121)

7.00pm Most Shocking 8.00 Sun, Sea and A&E 9.00 Shooting Stars: Double-bill of the quiz. 10.00 8 Out of 10 Cats: Panel

21 AUGUST SATURDAY



6.00am Brainiac: Science Abuse (R)(HD) 7.00 Guinness World Records Smashed! (R)(HD) 8.00 Oops TV (R) 8.30 Oops TV (R) 9.00 SPORT Football's Next Star (R) 10.00 SPORT Soccer AM: Footy laughs. 12.00noon Fat Families (R)(HD) 1.00pm Fat Families (R) 2.00 Pineapple Dance Studios (R)(HD) 3.00 Project Runway (R) 4.00 Bill Bailey's Birdwatching Bonanza (R)(HD) 5.00 Liza and Huey's Pet Nation (R)(HD) 6.00 My Pet Shame (R)(HD)

7.00 The Simpsons (R)(HD)

7.30 Glenn Martin, DDS

The dentist receives a visit from former patient Russ Nero, a convict he botched surgery on years earlier. Uh-oh. (HD)

8.00 Oops TV

You've Been Framed clone narrated by Justin Lee Collins. (R)(HD)

9.00 Unbreakable

FILM Directed by M Night Shyamalan before he became rubbish, this ace supernatural thriller stars Bruce Willis and Samuel L Jackson. (HD)

11.05 Classic Albums

Fleetwood Mac's Rumours. (R)

12.25am UK Border Force

Officers refuse UK entry to a woman from South Africa. (R)(HD)

1.25 Crash and Burn (HD) 3.05 Road Wars (R) 3.30 Unsolved Crimes USA (R) 4.20 Don't Forget the Lyrics (R)(HD) 5.10-6.00am Sell Me the Answer (R)(HD)

show. 11.00 Sexcetera 12.00m't Challenge Jackpot 3.00am Cops on Camera 4.00-5.00am Brighton Rocks

11.00am A Town Called Eureka 9.00pm The Land That Time Forgot: Action adventure starring C Thomas Howell. 10.40 Princess of Mars: Thriller starring Antonio Sabato Jr. 12.30am Ba'al: The Storm God: Fantasy thriller starring Jeremy London. 2.30 3rd Rock from the Sun 3.00 A Town Called Eureka 4.00-6.00am Smallville

7.00pm The Listener 8.30 American Dad! 9.15 Better Off Ted 10.00 Robot Chicken 10.15 Family Guy: Double-bill. 11.15 Metalocalypse 11.30 American Dad!: Double-bill. 12.30am The Venture Brothers 12.55 Family Guy 1.40 Better Off Ted 2.25-4.15am Dexter





Wigan vs Chelsea

Sky Sports 2/HD, 5pm

Early last season, Wigan shocked Chelsea with a 3-1 win at the DW Stadium. In the return fixture, however, the Londoners claimed the Premier League title and tonked the Latics 8-0! ★★★



John Bishop's Britain

BBC1,9pm

Decent topical comedy featuring ace COMEDY Liverpudlian funnyman John Bishop, who guides us through the subject of the week with the help of a celebrity guest and the public. ***

The X-Factor

ITV1, 7,30pm

REALITY ready, people,

Earplugs at the

as another deluge of tone-deaf hopefuls and the occasional star descend on Glasgow, Cardiff, Birmingham, Manchester, London and Dublin, hoping to impress with their vocal talents. Guest judges this year include: Geri Halliwell (eurgh), Pixie Lott (giggedy), Natalie Imbruglia (mmm), Nicole Scherzinger (mmm) and Katy Perry (giggedy, giggedy). Meanwhile, former Blue Peter presenter Konnie Hug is confirmed as the new host of The Xtra Factor. ★★★



The News At Ten,

Anchorman: The Legend Of Ron Burgundy BBC3,9pm

Will Ferrell plays a sexist '70s newsreader whose world is turned upside down when a hot female rival joins the team. Perfect! ****



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Nuts

6.00am Breakfast 7.40 SPORT Match of the Day (R) 9.00 BBC News 10.00 Sunday Morning Live 11.00 Country Tracks 12.00noon BBC News 12.05pm Cash in the Celebrity Attic (R) 12.50 Bargain Hunt 1.15 Escape to the Country (R) 2.15 Diagnosis Murder (R) 3.00 EastEnders 5.00 Songs of Praise 5.35 BBC News, Regional News, Weather 6.00 Great British Railway Journeys (R) 6.30 Countryfile: Rural developments.

6.00am CBeebies 7.25 CBBC 10.00 Something for the Weekend 11.30 Monk 12.10pm The Rookie: Drama. 1.30 The Alamo: Western starring Billy Bob Thornton and Dennis Quaid. 3.30 Escape to the Country (R) 4.30 The Beechgrove Garden (R) 5.00 Natural World (R) 6.00 Home Movie Roadshow (R)

5.30am ITV News 6.00 GMTV 9.25 Coronation Street 11.40 This Morning: Sunday 12.40pm Dinner Date (R) 1.40 News, Weather 1.45 Britain Does the Funniest Things (R) 2.45 The X Factor (R) 4.15 The Spy Who Loved Me: James Bond adventure. 6.35 Regional News, Weather 6.45 ITV News

6.10am The Hoobs (R) 7.05 SPORT Basketball 7.55 SPORT Triathlon 8.50 T4: Hollyoaks 11.25 Big Brother's Little Brother 12.30pm V Festival 2010: T4 Highlights 1.55 The Simpsons (R) 3.00 Three in a Bed 4.30 Ugly Betty 5.30 V Festival 2010: Live: Performances by Pixie Lott, Plan B, Chipmunk and Professor Green. 6.30 News 6.55 4thought.tv

6.00am Milkshake! 10.00 Shake! 11.10 Don't Stop Believing 12.10pm Great Railway Adventures with Dan Cruickshank (R) 1.10 The Hotel Inspector (R) 2.10 What's Up Doc? Screwball comedy. 3.55 Five News 4.00 Stuart Little 2: Adventure. 5.30 Don't Stop Believing

7.30 Last of the Summer Wine

It's like Heaven's waiting room.

8.00 Antiques Roadshow

More old people carrying broken bits of tat, such as porcelain dogs, get told it's worth a fortune. Yeah, right. (R)

9.00 Secret Britain

Hidden spots of British beauty. Lovely.

10.00 BBC News, Weather

10.25 Sweet Home Alabama

FILM Romantic comedy nonsense starring Reese Witherspoon. One for the ladies, we reckon.

12.10am Sign Zone: The Big Personality Test: A Child of Our Time Special

The results of a test on the personality of the nation. Time for bed. (R)

1.10 Holby City (R) 2.10 A Band for Britain (R) 3.10-6.00am BBC News

7.00 Dragons' Den

Miss it the other night? You're in luck, then - here it is again, as more crackpots try to bag a load of money. (R)

8.00 Mountain Gorilla

NEW Interesting docu following the last remaining gorillas as they fight for survival in central Africa.

9 00 Vexed

Kate and Jack investigate the attempted murder of a banker.

10.00 Match of the Day 2

SPORT Highlights of today's matches, featuring Fulham vs Man United and Newcastle vs Villa.

10.50 Mad Men

Pete makes an unorthodox request of his wife, Trudy. Oo-er. (R)

11.40 Mad Men

Peggy finds new opportunities opening up for her at the company. (R)

12.25am Junebug

FILM Comedy drama starring Amy Adams and Embeth Davidtz.

2.05 BBC News 3.10-3.55am Sport The Super League Show: Egg-hurling antics.

7.00 Stephen Tompkinson's **Australian Balloon Adventure**

One man and his halloon, Avoid,

8.00 Heartbeat

Village-style cops and robbers.

9.00 Martin Clunes -Horsepower

Clunes explores man's relationship with horses. No, not that kind of relationship. We're digging a hole here!

10.00 ITV News, Weather

10.15 Drama Trails

James Nesbitt narrates the stories behind dramas Bad Girls and Cold Blood.

11.15 Comedy Classics: Brass Celebration of the '80s sitcom. (R)

12.10am Nightwatch with Steve Scott: Emergency (R)

1.00 The Zone 2.30 Sport Motorsport UK 3.25-5.30am ITV Nightscreen

7.00 Sister Act

Rubbish comedy starring Whoopi Goldberg as a singer who hides out in a convent.

9.00 Big Brother

The final's not far off!

10.00 Alan Carr: Chatty Man MUST-SEE Toothy chat with actress Drew Barrymore and comic Phill Jupitus.

10.50 Star Stories

A mockery of Simon Cowell's career. To be fair, he probably deserves it. (R)

11.25 Music on 4: V Festival 2010: Sunday Highlights

Performances by Kasabian, Madness, La Roux, Pet Shop Boys, Paolo Nutini, Pixie Lott, Calvin Harris and Plan B.

12.55am Big Brother: Live

Does what it says on the tin. You're better off waiting for the highlights show.

3.30 The Real Housewives of New Jersey (R) 4.15 Bear Grylls: Born Survivor (R) 5.05-6.00am Hill Street Blues (R)

7.15 Cricket on Five

SPORT Ball-knocking in the final day of the third Test between England and Pakistan.

8.00 Terminator 3: **Rise of the Machines**

MUST-SEE Arnie's back again, trying to protect the

future human race. Kristanna Loken plays the evil killer fembot. Excellent!

10.05 Universal Soldier

FILM Sci-fi action starring Jean-Claude Van Damme and Dolph Lundgren. Two Vietnam vets are brought back from the dead and transformed into cyborg soldiers.

12.05am UFC 92: Main Event

SPORT Highlights of the light-heavyweight championship bout between Forrest Griffin and Rashad Evans.

1.05 SuperCasino 4.05 Wildlife SOS 4.55 The Family Recipe 5.00 Hana's Helpline 5.10 Milkshake! Show 5.35 Thomas & Friends 5.45 Roary Racing Car

BBC1 SCOTLAND: 6.30pm The Edinburgh Military Tattoo at 60 8.00pm Countryfile BBC1 NORTHERN IRELAND: 7.00pm Compose Yourself 8.00 Countryfile 12.55am Sky High STV: 11.15pm October Road 12.05am Roulette Nation 1.00

Nightwatch with Steve Scott: Mystery 2.00-5.30am The Nightshift ULSTER: 10.15pm Children's Hospital 10.45 Comedy Classics: Rising Damp 11.15 Rising Damp 11.45 UTV Rewind 12.00m't Brain Box

TODAY'S SPORT

sky SPORTS 1

6.00am Aerobics

6.30 Football First (HD)

9.30 The Sunday Supplement 11.00 Goals on Sunday: A review of

yesterday's football action. (HD)

1.00pm Football: Middlesbrough vs Sheffield United, kick-off 1.15pm. (HD)

3.30 Musissel Football: Fulham vs Man United, kick-off 4pm. (HD)

6.30 Football (HD)

7.00 FIFA Futbol Mundial

7.30 Football Asia

8.00 Cricket (HD) 10.00 Football (HD)

11.30 Football: Action from the SPL match between Hibs and Rangers. (HD)

12.00m't Cricket: The third Test between England and Pakistan. (HD)

2.00am Football (HD)

3.30 Cricket(HD)

5.30-6.00am Football(HD)

sky SPORTS 2

6.00am Show Jumping

7.00 Cricket: The fourth day of the third Test between England and Pakistan. (HD) 9.00 Rugby Union: The Tri-Nations international between South Africa and New Zealand in Johannesburg. (HD)

10.30 Cricket: Willow-wafting with the fifth day of the third Test between England and Pakistan at the Oval. (HD) 7.00pm World Sport

7.30 Show Jumping: The FEI Nations Cup meeting from Dublin. As if you care. 8.30 WWE: Experience: Round-up of the latest from Raw and Smackdown. (HD) 9.30 This Week In WWE: The main bouts from Raw, Smackdown and NXT. (HD)

10.00 WWE: Late Night - Afterburn: Featuring the stars of Smackdown. (HD) 11.00 WWE: Vintage Collection 12.00m't-2.00am Tennis: Action from

the final of the Cincinnati Masters.

FILM4 (315)

6.55pm Waitress: Romantic drama starring Keri Russell and Nathan Fillion. 9.00 Team America: World Police: Satirical puppet comedy with the voices of Trey Parker and Matt Stone. 10.50 The Hills Have Eyes: Horror remake starring Aaron Stanford. 12.55am The Entity: Factbased thriller starring Barbara Hershey. 3.20 Frightfest Special: Eli Roth 3.25-

COMEDY CENTRAL (126)

10.00am Two and a Half Men 9.00pm Michael McIntyre's Comedy Roadshow

3.30am Frightfest Special: Adam Green



6.30pm Bundesliga 8.15 Eredivisie 10.00 DTM Racing:

From Zandvoort in the Netherlands. 12.00m't NHRA Drag Racing 1.00am Press Pass 2010 1.30 Major League Baseball 4.30-5.30am UFC Unleashed 10.00 Jersey Girl: Romantic comedy drama starring Ben Affleck and Liv Tyler. 12.00m't Comedy Store 12.30am Two and a Half Men 1.30 South Park 2.30 Comedy Store 3.00 The King of Queens 4.00 Shortcuts Shuffle 4.20 Everybody Loves Raymond 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

BBC3 (115)

7.00pm Small Teen, Big World 8.00 Don't Tell the Bride 9.00 Young, Dumb and Living Off Mum 10.00 Family Guy 10.45 Ideal 11.15 Tulisa - My Mum and Me 12.15am Young, Dumb and Living Off Mum 1.15 Don't Tell the Bride 2.15 Ideal 2.45 The Klang Show 3.15 Peckham Finishing School for Girls 4.15-5.10am Tulisa - My Mum and Me

E4 (136)

7.00pm One Tree Hill 8.00 Friends 9.00 Monster-in-Law: Romantic comedy starring Jennifer Lopez and Jane Fonda.

11.00 Ricky Gervais: Fame: Stand-up. 12.05-6.00am Big Brother: Live

DAVE (111)

7.00pm Seaside Rescue 7.40 Ray Mears' Extreme Survival 8.20 Have I Got News for You 9.00 QI XL 10.00 Al Murray The Pub Landlord 11.40 QI XL 12.40am Al Murray The Pub Landlord 2.20-3.00am Rich Hall's Fishing Show

MTV (350)

2.00pm The Hills 10.00 Jessica Simpson: Price of Beauty 10.30 The Osbournes: Fleas invade the household.

The Dudesons in America 11.30 South Park 1.00am Hip Hop Honors 2010 3.00-6.00am All the Hits

VIRGIN 1 (121)

7.00pm Home Video Heroes 8.00 Britain's Worst Husband 9.00 Most Shocking 10.00 Sun, Sea and A&E

22 AUGUST SUNDAY

FULL 7 DAY TV GUIDE!



6.00am Hour of Power (HD) 7.00 Guinness World Records Smashed! (R) (HD) 8.00 Oops TV (R) 8.30 Oops TV (R) 9.00 Road Wars (R) 10.00 Scottle WWE Superstars (R)(HD) 11.00 Scottle WWE Experience (R) 12.00noon Glenn Martin, DDS (R)(HD) 12.30pm Oops TV (R) 1.00 Must Be the Music: The auditions begin. (R)(HD) 2.00 Must Be the Music (R)(HD) 3.00 UK Border Force (R)(HD) 4.00 Oops TV (R)(HD) 5.00 Futurama (R)(HD) 5.30 Futurama (R) 6.00 The Simpsons (R)(HD) 6.30 The Simpsons (R)(HD)

7.00 Must Be the Music

More hopefuls sing for their supper. (HD)

8.00 Must Be the Music

The judges whittle down the remaining acts, allowing only 15 to go through. (HD)

9.00 Must Be the Music

A preview of the five acts who'll perform in the semi-finals. (HD)

10.00 Martina Cole's The Take

It's 1988 and the new rave culture promises opportunities for the cousins as a market for Ecstasy emerges. (R)(HD)

11.00 Must Be the Music

Hmm, something seems familiar about all of this. (R)(HD)

12.00m't Must Be the Music

And there's more! (R)(HD)

1.00am House 1.50 Fringe 2.40 Road Wars 3.30 Unsolved Crimes USA 4.20 Don't Forget the Lyrics (R)(HD) 5.10-6.00am Sell Me the Answer (R)(HD)

11.00 Sexcetera 12.00m't Challenge Jackpot 3.00am Cops on Camera 4.00-5.00am Brighton Rocks

SYFY (129)

11.00am A Town Called Eureka 9.00pm
The Butterfly Effect 2: Fantasy
thriller sequel starring Eric Lively. 10.50
The Boogeyman 3: Horror sequel
starring Erin Cahill. 12.40am
The Tattooist: Horror starring Jason Behr.
2.30 3rd Rock from the Sun 3.00
Legend of the Seeker 4.00-6.00am
Smallville: Double-bill of the series.

FX (164)

7.00pm NCIS 9.00 Nip/Tuck: Christian agrees to operate on Ava's baby. It's the last-ever episode. 10.00 Dexter 11.00 A-Team, Predators & Knight and Day: Movie Special 11.25 True Blood 12.25am Generation Kill 2.40 Burn Notice 3.25-4.10am Swat USA

TODAY'S MUST-SEES



Newcastle vs Aston Villa & Fulham vs Man United

ESPN/Sky Sports 1, from 12.45pm

A top afternoon's action starts with Newcastle's first home game back in the Prem, against the side that sent them down to the Championship in the first place. Then it's off to Craven Cottage for Mark Hughes' first home game as Fulham boss – against Man U. D'oh!



Terminator 3: Rise Of The Machines Five, 8pm

Arnie's final offering as the Terminator is a much more tongue-in-cheek take on the heavy-metal films, but it's still enjoyable. ***



The Dudesons In America

MTV, 11pm

The Finnish loons inflict more pain on themselves. Here, they make their own amusement-park rides, including electric-shock dodgems and an exploding human slingshot! ****



Alan Carr: Chatty Man

Channel 4, 10pm

The gappy gossip merchant is joined on the sofa by comedian Phill Jupitus, Gary Lineker and his wife Danielle, and Drew Barrymore nattering about new flick Going The Distance.

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6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 To Buy or Not to Buy (R) 11.25 Cash in the Attic (R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.30 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebies 8.00 CBBC 11.00 When Zachary Beaver Came to Town: Children's drama starring Jonathan Lipnicki. 12.20pm Track of the Cat: Western set in the 1880s, starring Robert Mitchum. 2.00 Wanted Down Under (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Cash in the Celebrity Attic 5.15 Escape to the Country (R) 6.00 Eggheads (R) 6.30 Restoration Roadshow

itv 1

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Dinner Date 1.30 ITV News 1.55 Regional News, Weather 2.00 Dickinson's Real Deal (R) 3.00 The Michael Ball Show 4.00 Inspector Morse (R) 5.00 Britain's Best Dish 6.00 Regional News, Weather 6.30 ITV News

6.00am The Hoobs (R) 6.50 Big Brother's Little Brother (R) 7.50 Big Brother (R) 8.45 Frasier (R) 9.15 T4: Smallville (R) 10.05 Privileged 11.00 Friends (R) 12.00noon Channel 4 News Summary 12.05pm Brothers & Sisters 12.55 The TV Book Club (R) 1.25 Come Dine with Me Extra Portions (R) 3.25 Countdown 4.10 Deal or No Deal 5.00 A Place in the Sun: Home or Away (R) 6.00 The Simpsons (R) 6.30 Hollyoaks

10.45 Lorraine Kelly's Big Fat Challenge 11.45 CSI: NY (R) 12.40pm Five News 12.45 The Hotel Inspector (R) 1.45 Neighbours 2.15 CSI: NY (R) 3.05 FILM Evel: Biopic with George Eads and Jaime Pressly. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 The Boss Is Coming to Dinner 6.25 Live from Studio Five

7.00 Five News at 7

7.30 How Do They Do It?

8.00 The Gadget Show

How to grow man-made diamonds.

Easy - just pick up some diamond seed

Jason Bradbury and Ortis Deley build

sounds about as fast-paced as your

9.00 Lethal Weapon 4

this time taking on the Triads.

11.35 Thunderbolt and

FILM Decent '70s crime thriller starring Clint Eastwood and

Jeff Bridges, about a young drifter who

Lightfoot

average Crown Green Bowling match.

their own customised speedboats ahead

of a race at Chippenham Regatta - which

FILM Action thriller sequel starring Mel Gibson and Danny Glover,

from the shop. It'll be next to the radishes.

7.00 The One Show Topical chin-wagging

7.30 Saints and Scroungers A duo who tried to steal more than £1million. Now, that's ambition. (R)

8.00 EastEnders Squabbling, Cockney-style.

8.30 Panorama

A couple's fight to open up the closed world of the family courts. Zzzzzz. 9.00 Who Do You

Think You Are? We're bored with BBC1, for starters! 10.00 BBC News, Weather

10.35 Gears and Tears

The biggest race of the year approaches.

11.05 The Armstrong & Miller Show

Sketches from the two poshies. (R)

11.35 Crazy/Beautiful

Teen romance starring Kirsten Dunst and Jay Hernandez.

1.15am Sign Zone: Tribal Wives (R) 2.15

7.00 Dan Snow's Norman Walks

In which a man called Dan Snow goes for a walk and talks about the Normans.

7.30 Roger and Val Have Just Got In

Val struggles to sort out the dining-room curtains. It's a real cliffhanger. Or, to be more precise, a curtain hanger. (R)

8.00 University Challenge

8.30 Antiques Master Tat-based challenges.

9.00 Dragons' Den MUST-SEE A pitch for a remote control in the form of a magic wand. We'd buy one, for a laugh.

10.00 Grandma's House Simon believes he might be able to control the universe. Don't tell us there's a magic wand for doing that as well.

10.30 Newsnight

1 20-4 00am RRC News

11.20 Home Movie Roadshow National Service during the '50s. (R)

12.20am Digging for Britain (R)

7.00 Emmerdale

7.30 Coronation Street

Becky sneaks off for a cheeky smoke. First cigarettes, next it'll be crack - you watch.

8.00 Countrywise Puffins in peril.

8.30 Coronation Street Becky turns to crack. Nah, not really, but you can hardly say the signs aren't there.

9.00 Real Crime with Mark Austin: Murder of a Father The family of Garry Newlove talks about

his murder in 2007. 10.00 ITV News, Weather

10.35 Highlander FILM Fantasy adventure starring Christopher Lambert.

12.45am The Zone Shopping and interactive gaming.

2.45 The Jeremy Kyle Show (R) 3.40-5.30am ITV Nightscreen

7.00 News

7.55 4thought.tv Omid Djalili talks about why religion shouldn't be a taboo subject in comedy.

8.00 Dispatches: When Cousins Marry 9.00 The Hospital

Young people with liver disease. Grim.

10.00 Big Brother The penultimate show of the final series.

11.10 Alan Carr: Chatty Man Goggle-eyed chat with Drew Barrymore, Danielle Lineker and Phill Jupitus. (R)

11.55 European Poker Tour SPORT The chips are down literally. Mmm, chips...

12.50am Big Brother: Live They'll be at their wits end by now.

4.55-6.15am The Strange Affair

of Uncle Harry: Thriller starring George

Sanders and Geraldine Fitzgerald.

teams up with an ex-con who's being pursued by his old gang.

1.45am SuperCasino 4.05 The Boss Is Coming to Dinner (R) 4.55 County Secrets (R) 5.10 The New Tomorrow (R) 5.35-6.00am Wild Challenge (R)

The Big Personality Test: A Child of Our Time Special (R) **3.15** Ben Fogle's Escape in Time (R) 4.00-6.00am BBC News

BBC1 SCOTLAND: 11.05pm SPORT Sportscene 11.45 The Armstrong & Miller Show 12.15am Crazy/Beautiful: Teen romance starring Kirsten Dunst and Jay Hernandez. 1.55 BBC News BBC1

11.05 Gears and Tears 11.35 The Armstrong & Miller Show 12.05am Sky High 12.15 Sign Zone: How to Live a Simple Life BBC1 WALES: 10.35pm Rhod Gilbert's Work Experience 11.05 Gears and Tears 11.35 The Armstrong & Miller Show 12.05am TILM Crazy/Beautiful: Teen romance starring Kirsten Dunst and Jay Hernandez. 1.40am Sign Zone BBC2 SCOTLAND: 11.00pm Newsnight Scotland, Weather STV: 10.30pm STV News, Weather 10.40pm Children's Hospital 11.10 Turus a Bhradain 11.45

Cocairean 12.15am Roulette Nation 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift ULSTER: 10.30pm UTV Live Tonight 11.00 Ladette to Lady 12.00m't Brain Box 2.30am UTV Rewind ITV1 WALES: 8.00pm A Little Piece of Paradise

NORTHERN IRELAND: 10.35pm Jackie's the Boy

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans 9.00 Football (HD)

10.30 Football (HD)

11.00 Cricket (HD)

1.00pm Football (HD)

2.30 Cricket (HD)

4.30 FIFA Futbol Mundial

5.00 Football (HD)

5.30 Soccer AM: The Best Bits

6.30 Netbusters

7.00 MUSTOSEE Football: Man City vs Liverpool, kick-off 8pm. Could be an early "game of the season" contender! (HD)

10.30 Netbusters

11.00 SPL Round-Up 11.30 Soccer AM: The Best Bits

12.30am Football (HD)

2.30 Sports Unlimited

3.30 Watersports World

4.30 Max Power

5.30-6.00am FIFA Futbol Mundial

sky SPORTS 2

6.00am Aerobics

6.30 Ocean Ride 7.00 Cricket (HD)

9.00 Golf (HD)

2.00pm Golf

3.00 Golf: The Czech Open at the Prosper Golf Resort in Celadna. (HD)

4.30 WWE: Raw (HD)

6.30 Motorsport (HD)

7.30 W Speedway: Another top meeting from the Elite League. (HD) 9.30 Motorsport: Action from the International Rally Northern Ireland.

10.30 Poker

11.30 Boots 'n' All

12.30am Golf

1.00 Golf 2.00 Golf (HD)

3.00 Wonderful World of Golf

4.30 PGA Tour Classic

5.30-6.00am Golf

FILM4 (315)

7.10pm Just Married: Romantic comedy. 9.00 One Flew Over the Cuckoo's Nest: Oscar-winning drama starring Jack Nicholson. 11.40 The Hills Have Eyes II: Horror sequel starring Michael McMillian. 1.20am Ju-on: The Grudge: Japanese horror starring Megumi Okina. 3.10 Frightfest Special: Eli Roth 3.15-3.20am Frightfest Special: Adam Green

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier: The shrink composes a new theme tune. 9.00 Two and a Half Men: Double-bill.



6.30pm Talk of the Terrace 8.00 Rugby 8.30 Drag Racing

9.30 Baseball 10.00 Between The Lines 10.30 NFL 1.30am Press Pass 2.00 Talk of the Terrace 3.30 Between The Lines 4.00 Rugby 4.30-5.30am Drag Racing

10.00 Lee Evans Live in Scotland: A performance by the comedian. 11.30 Sex and the City 12.40am Two and a Half Men 1.40 South Park 2.40 Comedy Store 3.10 Grouchy Young Men 3.40 Two and a Half Men 4.10 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)

7.00pm 101 Ways to Leave a Gameshow 8.00 Snog, Marry, Avoid? 8.30 Baby Beauty Queens 9.00 Gavin & Stacey 9.30 The Adventures of Daniel 10.00 EastEnders 10.30 Underage and Pregnant 11.00 Family Guy 11.45 Gavin & Stacey 12.15am The Adventures of Daniel 12.45 Baby Beauty Queens 1.15 101 Ways to Leave a Gameshow 2.15 The Real Hustle: Celebrity Scammers 2.45 Snog, Marry, Avoid? 3.15 Peckham Finishing School for Girls 4.15 Underage and Pregnant 4.45-5.15am The Real Hustle: Celebrity Scammers

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

E4 (136) 7.00pm Hollyoaks 7.30 Friends 9.00 One Tree Hill 10.00 The Sex Education Show: Am I Normal? 11.05 Shameless 12.10am Being Erica 1.10-6.00am Big Brother: Live

7.00pm SPORT World Rally: Highlights from the ninth round in Germany. 8.00 Trawlermen 9.00 Have I Got News for You 10.20 Mock the Week 11.40 Have I Got News for You 1.00am Mock the Week 2.15-3.00am Rich Hall's Fishing Show

MTV (350)

7.00pm Hogan Knows Best 8.00 The Hills: Highlights of the series. 9.00 Jessica Simpson: Price of Beauty 10.00 The Osbournes 11.00 South Park 12.00m't Blue Mountain State 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Jackass 3.00-6.00am All the Hits

23 AUGUST MONDAY



6.00am A Town Called Eureka (R)(HD) 7.00 Brainiac's Test Tube Baby (R) 8.00 Brainiac: Science Abuse (R) 9.00 Oops TV (R)(HD) 9.30 Oops TV (R)(HD) 10.00 Grease: The School Musical (R)(HD) 11.00 Wedding SOS (R)(HD) 11.30 The Secret Guide To Women's Health (R) 12.00noon The Real A&E (R)(HD) 1.00pm Oops TV (R) 2.00 A Town Called Eureka (R)(HD) 3.00 Stargate SG-1 (R) 4.00 Stargate SG-1 (R) 5.00 Malcolm in the Middle (R) 5.30 Malcolm in the Middle (R) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons

Bart bonds with a sickly calf after joining the 4-H youth movement. (R)

7.30 The Simpsons

Homer discovers that Cletus makes moonshine. (R)(HD)

8.00 The Biggest Loser US More pie-dodging antics. (HD)

10.00 Law & Order

A plaintiff in a high-profile lawsuit is found murdered. (HD)

11.00 Bones

Booth and Brennan are led to a rock 'n' roll fantasy camp. (R)(HD)

12.00m't Road Wars

Stress on the streets. (R)

1.00am Road Wars (R)(HD) 1.50 Oops TV (R)(HD) 2.40 Road Wars (R)(HD) 3.30 The 4400 (R)(HD) 4.20 Top Design (R)(HD) 5.10-6.00am Sell Me the Answer (R)(HD)

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Passport Patrol 9.00 MUSTESEE Chuck 10.00 The Life and Times of Tim: Cartoon. 10.35 Room 101 11.10 Most Shocking 12.00m't Challenge Jackpot 3.00am Brit Cops: Frontline Crime UK 4.00-5.00am Street Crime UK

SYFY (129)

7.00pm Legend of the Seeker 8.00 Airline Disaster. 9.50 Trial by Fire 11.40 Princess of Mars 1.30am A Town Called Eureka 2.30 3rd Rock from the Sun 3.00 Legend of the Seeker 4.00 Angel 5.00-6.00am Smallville

FX (164)

7.00pm Third Watch 7.45 NCIS 9.15 Family Guy 10.00 To Catch a Predator 11.00 Dexter 12.00m't Farscape 12.45am Babylon 5 1.30 ReGenesis 2.20 Water Rats 3.05-3.55am Cops

TODAY'S MUS



Man City vs Liverpool Sky Sports 1, 7pm

SPORT After blowing the equivalent of Simon Cowell's weekly wages on Yava Touré and David Villa. it's time to see if City can live up to the hype. With Roy Hodgson on board to settle the good ship Liverpool, this is sure to be a riveting encounter between two teams desperate to show their fans what they're capable of. The Reds haven't lost in ten clashes with City, so a win tonight will be a great result for Mr Mancini. ****



Dragons' Den BBC2, 9pm

REALITY Hopeful, and sometimes desperate, entrepreneurs throw themselves at the mercy of the Dragons, praying for a bit of cash. Tonight's show includes a weird dog crèche and a



Antichrist Sky Movies Premiere, 12.30am Willem Dafoe retreats to a cabin in some

spooky woods, where his wife goes mental in a nasty horror that makes the Hostel flicks look tame. Porn actors and prosthetics were used for gruesome close-ups. You have been warned! ★★★



Chuck Virgin1, 9pm

Shaw teams up with Chuck and Sarah DRAMA Shaw teams up with Grade and in an effort to find The Director – head of major spy organisation The Ring and supposedly behind the killing of Shaw's wife. We're going to go out on a limb and say he's a bit of a wrong 'un! ***



NutsTV

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 To Buy or Not to Buy (R) 11.30 Cash in the Attic (R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote: Crime drama. (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.30 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

6.00am CBeebies 8.00 CBBC 11.00 The Pixar Story (R) 12.25pm Father Dear Father: Feature-length version of the popular '70s sitcom, starring Patrick Cargill. 2.00 Wanted Down Under (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Cash in the Celebrity Attic 5.15 Escape to the Country (R) 6.00 Eggheads: Quiz. (R) 6.30 Restoration Roadshow

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Dinner Date 1.30 ITV News 1.55 Regional News 2.00 Dickinson's Real Deal (R) 3.00 The Michael Ball Show 4.00 Inspector Morse (R) 5.00 Britain's Best Dish: With Ed Baines. 6.00 Regional News, Weather 6.30 ITV News

6.15am The Hoobs (R) 7.05 Big Brother's Little Brother 7.35 Big Brother (R) 8.45 Frasier (R) 9.10 T4: Smallville (R) 10.05 Privileged 11.00 Friends (R) 12.00noon Channel 4 News Summary 12.05pm Brothers & Sisters 12.55 The TV Book Club (R) 1.25 Come Dine with Me Extra Portions (R) 3.25 Countdown 4.10 Deal or No Deal 5.00 A Place in the Sun: Home or Away 6.00 The Simpsons: Marge sends Homer to a mental institution. (R) 6.30 Hollyoaks: Cindy encounters a wealthy stranger at Tony's food fair.

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.45 CSI: NY (R) 12.40pm Five News 12.45 The Hotel Inspector (R) 1.45 Neighbours 2.15 CSI: Crime Scene Investigation (R) 3.05 FILM The King and Queen of Moonlight Bay: Domestic drama starring Tim Matheson. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 The Boss Is Coming to Dinner 6.25 Live from Studio Five

7.00 The One Show

Jason Manford talks about stuff

7.30 EastEnders

More soap sap.

8.00 Holby City

Oliver makes a bad error of judgement. So will you if you sit through this.

9.00 The Deep

MUST-SEE Zubov refuses to let the crew of the Orpheus expose his activities. The fiend!

10.00 BBC News, Weather

10.35 Cars, Cops and Criminals

Gangs taking advantage of motorists to make fraudulent insurance claims.

11.35 The Drowning Pool

FILM Old crime thriller starring Paul Newman. A private eye helps an old buddy who's being blackmailed.

1.25am Sign Zone: Hampton Court

Palace Flower Show 2010: Double-bill of

nonsense. (R) 3.25 Ben Fogle's Escape

7.00 Coast

We accidentally saw two minutes of this the other day. Unbelievably boring. (R)

8.00 The Great British Bake Off

The home cooks bake biscuits and scones in Perth. If only we could reach inside the television and snaffle up some of 'em.

9.00 Treasures of the Anglo-Saxons

Janina Ramirez investigates the ancient treasures. We'd rather stick pins in our eyes than watch this.

10.00 Grumpy Old Holidays "I went on holiday to Eastbourne and it did nothing but rain!" etc. (R)

10.30 Newsnight

11.20 How Not to Live Your Life It's the last one.

11.50 The Normans

The expansion towards southern Europe and the Middle East. (R)

12.50-4.10am BBC News

7.00 Emmerdale

Eve's upset by Carl's attitude towards their kiss. Carl's a cat. Maybe.

7.30 Grimefighters

A veteran pest controller teaches his son how to catch moles. Nothing like passing on valuable skills to your kids. (R)

8.00 New Who Wants to Be a Millionaire?

Well, we wouldn't say no.

9.00 The Bill

We thought this had been canned.

10.00 ITV News, Weather

10.35 Ladette to Lady

The three finalists attend the graduation ceremony before battleaxe principal Gill Harbord reveals the winner.

11.35 October Road

Eddie's assault lands him in hospital. 12.30am The Zone

2.30 The Jeremy Kyle Show (R) 3.25-5.30am ITV Nightscreen

7.00 News

7.55 4thought.tv

Comedian Stephen K Amos reckons stand-up acts should be free to make jokes about whatever they want.

8.00 Big Brother: The Final

MUST-SEE Who's it going to be? John James? Josie? Corin? Find out right here, then watch in awe as Ultimate Big Brother kicks off.

10.50 Lee Evans: Wired and Wonderful - Live at Wemblev

Stand-up by the comedian. (R)

11.50 The Inbetweeners

Will helps co-ordinate the school's Duke of Edinburgh Award scheme, but he has an ulterior motive. (R)

12.25am Pete Versus Life

Pete dates an older woman he meets at an art auction. Funny stuff. (R)

1.00 Poker 1.55 Ultimate BB: Live 3.45 KOTV Boxing Weekly 4.10 Triathlon ITU Championship 5.00 British Formula 3 Championship (R) 5.25-5.55am The Grid

7.00 Five News at 7 7.30 Chris Barrie's **Massive Speed**

Interested in shows about big ships? Specifically ones from the 17th Century? You're in luck, then. (R)

8.00 Great Railway Adventures with **Dan Cruickshank**

Civil engineer George Stephenson's contributions to the Industrial Revolution.

9.00 CSI Trilogy

The first of a three-part CSI crossover. Horatio calls on Dr Langston to help investigate a missing woman. (R)

10.00 CSI Trilogy

Langston visits New York to investigate a trucking ring that specialises in human cargo. Then he has a bagel. (R)

10.55 CSI Trilogy In the final part, the body of a prostitute sheds new light on the case. (R)

11.55 NCIS(R)

12.55am SuperCasino

4.05 The Boss Is Coming to Dinner (R) 4.30 Wildlife SOS 4.55 County Secrets (R) 5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge (R)

in Time (R) 4.10-6.00am BBC News

BBC1 SCOTLAND: 8.00pm River City 10.35 A Church in Crisis? 11.05 The Drowning Pool. Crime thriller starring Paul Newman and Joanne Woodward. 12.55-1.25 BBC News BBC1 WALES: 10.35pm Hospital 24/7 Revisited 11.05 Cars,

Cops and Criminals 12.05am The Drowning Pool 1.40-2.25am Sign Zone BBC2 SCOTLAND: 9.00pm Wink, Meet, Delete - An Insider's Guide to Internet Dating 11.00 Newsnight Scotland, Weather 11.50 Treasures of the Anglo-Saxons 12.50am The

Normans 1.50-4.10am BBC News BBC2 WALES: 7.30-8.00pm Ballet School STV: 8.00pm Robbie Coltrane: B-Road Britain 9.00 New Who Wants to Be a Millionaire? 10.30 STV News and Weather 10.44 Big Hearted Scotland Awards 10.45

Ladette to Lady 11.40 Celebrity Juice 12.25am Roulette Nation 1.00 The Jeremy Kyle Show 2.00-5.30am The Nightshift ULSTER: 10.30pm UTV Live Tonight 11.00 Total Emergency 12.00m't-2.30am Brain Box ITV1 WALES: 10.30pm Wales Tonight

TODAY'S SPORT

6.00am Good Morning Sports Fans

9.00 Netbusters

9.30 Football (HD)

11.30 Netbusters

12.00noon Soccer AM: The Best Bits

1.00pm Football (HD) 3.00 Netbusters

3.30 Soccer AM: The Best Bits

4.30 SPL Round-Up 5.00 Netbusters 5.30 Golf

6.30 Football Asia

7.00 Sky Sports News (HD)
7.30 Cricket: Derbyshire Falcons

vs Middlesex Panthers. (HD)

10.30 Football Asia

11.00 Women's Rugby Union (HD)

1.00am Football (HD)

1.30 A-League

2.00 Women's Rugby Union (HD)

4.00 Football (HD) 4.30 A-League 5.00-6.00am Ladies European Tour Golf

sky SPORTS 1 sky SPORTS 2

6.00am Aerobics

6.30 Ocean Ride 7.00 WWE: Afterburn (HD)

8.00 Extra Time

8.30 Golf

9.00 Golf 10.00 Golf (HD)

11.00 Wonderful World of Golf

12.30pm PGA Tour Classic

1.30 Speedway (HD)

3.30 WWE: Smackdown (HD) 5.30 Mountain Bike World

6.00 BMX Cycling 7.00 Football: A second-leg match from the Champions League play-off

round, kick-off 7.45pm. (HD) 10.00 Football (HD)

10.30 Poker 11.30 Sports Unlimited

12.30am Golf 1.30-2.30am Poker

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

FILM4 (315)

4.55pm Oliver Twist 7.10 MUSTOSEE The Simpsons Movie: Animated comedy with the voice of Dan Castellaneta. 8.55 Frightfest Special: Eli Roth 9.00 The Departed: Thriller with Leonardo DiCaprio and Matt Damon. 11.50 PREMIERE Vinyan: Horror starring Emmanuelle Beart.

1.45am Ju-on: The Grudge 2 3.35 Frightfest Special: Eli Roth 3.40-3.45am Frightfest Special: Adam Green

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men: Double-bill.



7.15pm Between The Lines 7.45 Game of the Week

8.15 Eredivisie 9.15 Russian Football 9.45 Kicks 10.00 Pardon the Interruption 10.30-5.00am Football: Including Game of the Week and Bundesliga Review Show. 10.00 Lee Evans XL Tour 11.20 Sex and the City: Argh! Go away! 12.30am Two and a Half Men 1.30 Samantha Who? 2.30 South Park 3.30 Two and a Half Men 4.00 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

BBC3 (115)

7.00pm Doctor Who 7.45 Doctor Who Confidential 8.00 Underage and Pregnant 8.30 Baby Beauty Kings 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Ideal 11.00 Family Guy 11.45 Don't Tell the Bride 12.45am Underage and Pregnant 1.15 Baby Beauty Kings 1.45 Ideal 2.15 The Blind Me 3.15 Peckham Finishing School for Girls 4.15-5.15am Beckii: Schoolgirl Superstar at 14

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 Smallville 10.00 The Ricky Gervais Show 10.30 Rude Tube: Popular internet videos.

10.50 Big Brother's Big Mouth 11.50-6.00am Ultimate Big Brother: Live

DAVE (111)

7.00pm The Gadget Show 7.30 Seaside Rescue 8.00 Full Circle with Michael Palin 9.00 QI XL 11.00 Would I Lie to You? 12.20am QI XL 1.20 Would I Lie to You? 1.55 Rich Hall's Fishing Show 2.25-3.00am Cooking in the Danger Zone

MTV (350)

7.00pm Hogan Knows Best: Double-bill. 8.00 The Hills: Triple-bill. 10.00 The Osbournes 11.00 South Park 12.00m't Blue Mountain State 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Jackass 3.00-6.00am All the Hits

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Nothing to Declare 9.00 Trawlers, Rigs & Rescue: North Sea 10.00 Sport Alex Reid:

24 AUGUST TUESDAY FULL 7 DAY TV

6.00am A Town Called Eureka (R)(HD) 7.00 Brainiac's Test Tube Baby (R) 8.00 Brainiac: Science Abuse (R) 9.00 Oops TV (R) 10.00 Grease: The School Musical (R) (HD) 11.00 Wedding SOS (R)(HD) 11.30 Brain Doctors (R) 12.00noon The Real A&E(R)(HD) 1.00pm Malcolm in the Middle (R) 2.00 Liza and Huey's Pet Nation (R) 3.00 Stargate SG-1 (R) 5.00 Malcolm in the Middle (R) 6.00 Oops TV (R) 6.30 The Simpsons: Three spin-off programmes, including Chief Wiggum's attempt as a private investigator. (R)

7.00 The Simpsons

Lisa becomes a success at the Sundance Film Festival after she makes a revealing documentary about family life. (R)

7.30 The Simpsons

CCTV cameras are installed in Springfield after a terrorism threat. (R)(HD)

8.00 UK Border Force

A student is prevented from entering the UK. We reckon he must've gone over his Pot Noodle allowance. (R)

9.00 Ross Kemp: A Kenya Special

The actor investigates the Mungiki gang, who, it turns out, are pretty scary. (R)

10.00 Ross Kemp on Gangs

The baldy actor meets teenage gang members in Liverpool. (R)(HD)

11.00 Must Be the Music

The auditions continue (R)(HD)

12.00m't Must Be the Music Even more singing. (R)(HD)

1.00 House (R)(HD) 1.50 Road Wars (R) 2.40 Road Wars (R)(HD) 3.30 The 4400 (R)(HD) 4.20 Top Design (R)(HD) 5.10-6.00am Sell Me the Answer (R)(HD)

The Fight of His Life 11.00 Star Trek: Enterprise 12.00m't Challenge Jackpot 3.00am Brit Cops: Zero Tolerance 4.00-5.00am Street Crime UK

SYFY (129)

7.00pm Legend of the Seeker 8.00 A Town Called Eureka 9.00 Paradox: Fantasy thriller. 10.50 Stir of Echoes: Supernatural thriller. 12.50am Swarm: Thriller starring Jessalyn Gilsig. 2.30 3rd Rock from the Sun 3.00 Legend of the Seeker 4.00 Angel 5.00-6.00am Smallville

7.00pm Third Watch 7.45 NCIS: Doublebill. 9.15 Better Off Ted 10.00 Family Guy 10.30 A-Team, Predators & Knight and Day: Movie Special 11.00 True Blood 12.00m't Farscape 12.45am Babylon 5 1.30 ReGenesis 2.20 Water Rats 3.05-3.55am Tour of Duty

'S MUST-SEES



Big Brother: The Final

Channel 4, 8pm

REALITY With more contestants

than we care to count, this vear's BB has featured totty. arguing, incredible tasks and classic moments like Andrew the geek admitting to having had sex with a watermelon. In one final twist, this year's winner will remain in the house for Ultimate Big Brother, with former contestants returning to the house in a bid to become the ultimate BB champion. Brian Belo to win! ★★★★



The Simpsons Movie

What's better than an episode of The Simpsons? One that's three times longer! Homer pollutes Lake Springfield, befriends a pig and becomes public enemy number one! ***



The Deep BBC1, 9pm

They've suffered a dangerously low air supply and an overheating nuclear reactor, and tonight, the submarine crew face being killed by the Russians! Well, if they will insist on plying their trade thousands of feet underwater... ***



A Town Called Eureka

Syfy, 8pm

Jack Carter is the local lawman in a DRAMA secret government-funded town where all the residents are geniuses. Back for a new series, it's like Fringe meets The X-Files, but silly. ★★★



Evan Almighty ITV2, 10pm

Really silly but amusing sequel that has Steve Carell doing God's bidding, after the big man (Morgan Freeman) commands him to build an ark. At the time of its release, Evan Almighty was the most expensive comedy ever made! ★★★

Nuts

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer 11.00 To Buy or Not to Buy (R) 11.30 Cash in the Attic(R) 12.15pm Bargain Hunt(R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.30 CBBC 5.15 Weakest Link: Back-stabbing quiz. (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

BBC

6.00am CBeebies 8.00 CBBC 11.00 The Country Bears 12.25pm FILM Road to Rio: Comedy starring Bing Crosby and Bob Hope. 2.00 Wanted Down Under (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Cash in the Celebrity Attic 5.15 Escape to the Country (R) 6.00 Eggheads (R) 6.30 Restoration Roadshow

itv 1

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Dinner Date 1.30 ITV News 1.55 Regional News 2.00 Dickinson's Real Deal: From Salisbury. (R) 3.00 The Michael Ball Show 4.00 Inspector Morse (R) 5.00 Britain's Best Dish 6.00 Regional News, Weather 6.30 ITV News

5.55am Sport World Sport (R) 6.20 The Hoobs (R) 6.45 Big Brother's Little Brother 7.15 Big Brother: The Final (R) 10.05 T4: Privileged 11.00 Friends (R) 12.00noon Channel 4 News Summary 12.05pm Brothers & Sisters 12.55 The TV Book Club (R) 1.25 Come Dine with Me Extra Portions (R) 3.25 Countdown (R) 4.10 Deal or No Deal: Game show. 5.00 A Place in the Sun: Home or Away (R) 6.00 The Simpsons (R) 6.30 Hollyoaks

10.45 Trisha Goddard (R) 11.45 CSI: NY (R) 12.40pm Five News 12.45 The Hotel Inspector (R) 1.45 Neighbours 2.15 CSI: Crime Scene Investigation (R) 3.05 FILM Midwives: Drama starring Sissy Spacek. 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 The Boss Is Coming to Dinner 6.25 Live from Studio Five

7.00 The One Show 7.30 Holby City

More hospital-based hokum.

8.30 Great British Waste Menu Four chefs prepare a banquet using

discarded food. Urgh! 10.00 BBC News, Weather

10.35 The National **Lottery Draws** More dreams are shattered.

10.45 Reggie Perrin It's a modern day take on some '70s sitcom your dad really likes. (R)

11.15 Middle EastEnders NEW The stories of Muslim immigrants to the UK.

11.45 The League Cup Show SPORT A round-up of this week's second-round ties.

12.40am Sign Zone: Country Tracks (R)

7.00 Mountain Gorilla

Apes on inclines! (R)

8.00 Coast

The team visit Denmark to look at more water. They're just too crazy.

9.00 The Wounded Platoon Docu looking at how the Iraq war is taking

10.00 Have I Got Old News for You

its toll on American soldiers.

A topical news quiz featuring old news? Not the greatest idea. (R)

10.30 Newsnight

11.20 Surviving Haiti Four survivors of the January 2010 earthquake tell their stories. (R)

12.20am Home Movie Roadshow Uncut

People's old home movies. Not the rude kind, either, Shame, (R)

7.00 Emmerdale

Only half an hour till the footy starts!

7.30 UEFA Champions League

MUST-SEE The play-off round second-leg match between Spurs and Swiss side Young Boys at White Hart Lane, kick-off 7.45pm. That's our evening sorted! Brilliant.

10.00 ITV News, Weather

10.35 UEFA Champions League: Extra Time

SPORT Adrian Chiles presents highlights of the play-off round, including the match that was on this very channel earlier.

11.35 Celebrity Juice Comedy panel show hosted by Keith Lemon, with Peter Jones.

12.20am The Zone

7.00 News 7.55 4thought.tv

Not much fun, though, is it?

8.00 How to Look Good Naked Quit the pies, go to the gym, job done.

9.00 My New Brain The challenges of life after brain injury.

10.00 Ultimate Big Brother Enjoying this? We are!

11.10 School of Comedy Kids do comedy.

11.40 The Raoul Moat Tapes: Inside the Mind of a Killer The events that led Raoul Moat to kill. (R)

12.40am Music on 4: **Boardmasters Presents Newton Faulkner**

12.55 The Album Chart Show

7.00 Five News at 7

7.30 Animal Rescue Squad

Alfie the rabbit faces the dentist's drill. Well, with teeth like that...(R)

8.00 Emergency Bikers

The UK's first fire-fighting motorbike is unveiled. Something tells us storing the hose could cause problems.

9.00 NCIS

Gibbs tries to protect one of his dead daughter's friends. (R)

10.00 Law & Order: **Criminal Intent**

A diver whose body has been washed ashore on Coney Island.

10.55 K-Ville

A New York reporter is caught up in the investigation into a shooting.

11.55 Poker

SPORT Highlights of a recent card-based clash in London.

12.55am SuperCasino

1.35 Dragons' Den (R) 2.35 Ben Fogle's Escape in Time (R) 3.20-6.00am News

1 20-3 20am RRC News

2 20 FIM Deliverance: Action thriller Starring Jon Voight and Burt Reynolds. 4.10 The Jeremy Kyle Show (R) 5.05-5.30am ITV Nightscreen

1.10 Ultimate Big Brother: Live 3.05 FILM Rebound: Sports comedy starring Martin Lawrence. 4.30 SPORT Beach Volleyball 5.25-6.10am Countdown (R)

4.05 The Boss Is Coming to Dinner(R) 4.30 Wildlife SOS 4.55 County Secrets (R) 5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge (R)

BBC1 SCOTLAND: 7.30pm Holby City BBC1 NORTHERN IRELAND: 10.45pm European Pipe Band Championships 11.15 Reggie Perrin 11.45 MEW Middle EastEnders 12.15am The League Cup Show 1.05am BBC News

BBC1 WALES: 10.45pm Wales and the History of the World 12.35am Sign Zone BBC2 SCOTLAND: 11.00pm Newsnight Scotland, Weather STV: 10.30pm STV News and Weather 10.39 Big Hearted Scotland Awards 10.40 Dickinson's

Real Deal 11.10 SPORT UEFA Champions League: Extra Time 12.05am Roulette Nation 1.00 The Jeremy Kyle Show 2.00am The Nightshift ULSTER: 10.30pm UTV Live Tonight 11.00 SPORT UEFA Champions League: Extra Time 12.00m't Brain Box

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans 9.00 Football (HD) 9.30 Football Asia 10.00 Women's Rugby Union 12.00noon Cycling 1.00pm Football 1.30Football

- 2.00 Women's Rugby Union 4.00 Football (HD)
- 4.30 Football Asia
- 5.00 Total Rugby
- 5.30 FIFA Futbol Mundial
- 6.00 Boots 'n' All
- 7.00 Sky Sports News (HD)
- 7.30 Cricket: Ball-smacking with Sussex vs Glamorgan. (HD)
- 10.30 Boots 'n' All
- 11.30 Total Rugby
- 12.00m't Football 12.30am Football (HD)
- 2.00 Boots 'n' All
- 3.00 Football (HD)
- 3.30 You're on Sky Sports! 5.00 Football (HD) 5.30-6.00am FIFA Futbol Mundial

sky SPORTS 2

6.00am Ocean Ride

6.30 WWE: Vintage Collection 7.30 Golf

8.30 BMX Cycling 9.30 Mountain Bike World

10.00 Poker

11.00 Golf 1.00pm Poker

2.00 Mountain Bike World 2.30 Football (HD)

3.00 Golf

4.00 Golf 6.00 Golf (HD)

7.00 IVE Football: A Champions League play-off match, kick-off 7.45pm. (HD)

10.00 Football

10.30 You're on Sky Sports!

12.00m't Golfing World 1.00am Transworld Sport

2.00 Golf (HD) 3.00-4.00am Golf

FILM4 (315)

7.00pm Picture Perfect: Romantic comedy with Jennifer Aniston and Kevin Bacon. 8.55 Frightfest Special: Adam Green 9.00 The Transporter: Action adventure starring Jason Statham. 10.45 King of the Hill: Horror

starring Leonardo Sbaraglia. 12.30am Wrong Turn 2: Dead End: Horror starring Henry Rollins. 2.20-4.00am The House by the Cemetery: Horror.

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men 10.00 Sex and



7.00pm Game of the Week 7.30 Kicks Extra 7.45 DTM

8.45 F3 Euroseries Review 9.45 Kicks Extra 10.00 30 for 30 11.00 UFC 12.00m' UFC All Access 12.30am Press Pass 1.00 Baseball 4.00-5.00am DTM Review

the City 11.10 Samantha Who? 12.10am Two and a Half Men 1.10 South Park: Top laughs. 2.10 Sex and the City 3.20 Grouchy Young Men 3.50 Two and a Half Men 4.15 Shortcuts Shuffle 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

BBC3 (115)

7.00pm Doctor Who 7.45 Doctor Who Confidential 8.00 Don't Tell the Bride 9.00 Anchorman: The Legend of Ron Burgundy: Comedy with Will Ferrell. 10.35 Family Guy 11.20 American Dad! 12.05am Ideal 12.35 The Adventures of Daniel 1.05 Beckii: Schoolgirl Superstar at 14 2.05 Wu-How 2.35 Ideal 3.05 The Adventures of Daniel 3.35 Wu-How 4.05-5.05am Don't Tell the Bride

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 Ugly Betty 10.00 My Super Ex-Girlfriend: Fantasy comedy starring

Uma Thurman and Luke Wilson. 12.00-6.00am Ultimate Big Brother: Live

DAVE (111)

7.00pm The Gadget Show 7.30 Seaside Rescue 8.00 Traffic Cops 9.00 Mock the Week: Double-bill. 10.20 Argumental 11.40 Mock the Week 1.00am Argumental 2.15-3.00am Banzai

MTV (350)

6.00pm 16 and Pregnant 7.30 Hogan Knows Best 8.00 The Hills 9.00 Jessica Simpson: Price of Beauty 10.00 The Osbournes 11.00 South Park 12.00m't Blue Mountain State 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Jackass 3.00-6.00am All the Hits

VIRGIN 1 (121)

7.00pm Star Trek: Voyager: Chakotay is kidnapped by aliens. 8.00 Brit Cops: Zero Tolerance 9.00 Criminal Minds 11.00

25 AUGUST NEDNESDAY

6.00am The Real A&E (R)(HD) 7.00 Brainiac's Test Tube Baby (R) 8.00 Brainiac: Science Abuse (R) 9.00 Oops TV (R) 9.30 Oops TV (R) 10.00 Grease: The School Musical (R)(HD) 11.00 Wedding SOS (R)(HD) 11.30 Babies at Risk (R) 12.00noon First Love (R) 1.00pm Malcolm in the Middle (R) 2.00 Liza and Huey's Pet Nation (R) 3.00 Stargate SG-1 (R)(HD) 5.00 Malcolm in the Middle (R) 6.00 Oops TV (R) 6.30 The Simpsons (R)

7.00 The Simpsons

When Homer's mother dies, she leaves him a challenge in her will. (R)

7.30 The Simpsons Bart begins seeing a therapist. (R)

8.00 Vet Adventures

Luke Gamble travels to Zambia, where he comes to the rescue of a baboon. (HD)

9.00 Must Be the Music

More singing, as well as ace opinions from judge Dizzee Rascal. (R)(HD)

10.00 Must Be the Music See above (R)(HD)

11.00 Must Be the Music

Er, see above above? (R)(HD)

12.00m't Unbreakable

FILM Slow-moving but rather good supernatural thriller starring Bruce Willis and Samuel L Jackson. (HD)

2.05 Oops TV (R)(HD) 2.30 Road Wars (R)(HD) 3.25 The 4400 (R)(HD) 4.20 Top Design (R)(HD) 5.10-6.00am Sell Me the Answer (R)(HD)

Medium 12.00m't Challenge Jackpot 3.00am Brit Cops: Frontline Crime UK 4.00-5.00am Street Crime UK

7.00pm Legend of the Seeker 8.00 Stonehenge Apocalypse: Sci-fi thriller with Misha Collins and Hill Harper. 9.50 Total Eclipse: Sci-fi thriller starring Thomas Calabro. 11.30 TIM The Butterfly Effect 2: Fantasy thriller sequel starring Eric Lively. 1.20am Mysterious Ways 2.20 3rd Rock from the Sun: Comedy. 3.00 Legend of the Seeker 4.00 Angel 5.00-6.00am Smallville

FX (164)

7.00pm Third Watch 7.45 NCIS 9.15 American Dad!: Steve ends up in a refugee camp. 10.00 Generation Kill 11.10 Dexter 12.10am Farscape 12.55 Babylon 5 1.40 ReGenesis 2.30 Water Rats 3.15-4.05am Tour of Duty

TODAY'S MUST-SEES





Adventureland

Sky Movies Premiere, 6pm

Laugh-out-loud comedy from the director of Superbad that follows a bunch of geeks doing crap jobs at an amusement park in the '80s. Lots of potty-mouthed madness and cool one-liners. ***



Cleaner Five USA, 10pm

Decent thriller in which Samuel L Jackson plays a crime-scene cleaner who's so good at tidying away blown-out brains and the like, you'd never know someone's head had imploded in the first place. But maybe he's a bit too good at his job... ★★★

Transformers: Revenge Of The Fallen

Sky Movies Premiere/HD, 8pm

Move over, Megatron, as there's an even bigger threat on the horizon - a massive, apocalyptic robot called The Fallen, who plans to wreak havoc on earth unless Sam Witwicky (the hero of the first film) can stop him. Other than that basic premise, we've no idea what's going on, except that Megan Fox is sex on a stick and there are lots of explosions. Hurrah! ***



Spurs vs Young Boys

Harry Redknapp's boys (who aren't that young) have the chance to make it into the Champions League for the first time in their history. They just need to beat these Swiss minnows... ★★★



Californication Fiver, 11.15pm

When Hank's daughter visits her mum in New York for the weekend, the hard-living novelist's left on his own, until an old pal turns up. So the pair do what every self-respecting bloke would given such an opportunity - party! ★★★

NutsTV

6.00am Breakfast 9.15 Heir Hunters (R) 10.00 Homes Under the Hammer (R) 11.00 To Buy or Not to Buy (R) 11.30 Cash in the Attic (R) 12.15pm Bargain Hunt (R)

1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Murder, She Wrote (R) 3.00 BBC News, Weather, Regional News 3.05 CBeebies 3.30 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30

Regional News Programmes, Weather

6.00am CBeebies 8.00 CBBC 11.00 The Story of an African Farm: Period comedy drama starring Kasha Kropinski. 12.35pm Wagonmaster: Classic Western starring Ben Johnson and Ward Bond. 2.00 Wanted Down Under (R) 3.00 Diagnosis Murder (R) 3.45 Flog It! (R) 4.30 Cash in the Celebrity Attic 5.15 Escape to the Country (R) 6.00 Eggheads (R) 6.30 Restoration Roadshow

5.30am ITV News 6.00 GMTV 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30pm Dinner Date 1.30 ITV News 1.55 Regional News, Weather 2.00 Dickinson's Real Deal (R) 3.00 The Michael Ball Show 4.00 Inspector Morse (R) 5.00 Britain's Best Dish 6.00 Regional News, Weather 6.30 ITV News

6.10am Sali Mali (R) 6.15 The Hoobs (R) 7.05 Big Brother's Little Brother 7.35 Ultimate Big Brother (R) 8.45 Frasier (R) 9.10 T4: Smallville (R) 10.05 Privileged 11.00 Friends (R) 12.00noon Channel 4 News Summary 12.05pm Brothers & Sisters 12.55 The TV Book Club (R) 1.25 Come Dine with Me Extra Portions (R) 3.25 Countdown 4.10 Deal or No Deal 5.00 A Place in the Sun: Home or Away (R) 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 10.45 Trisha Goddard (R) 11.45 CSI: NY (R) 12.40pm Five News 12.45 The Hotel Inspector (R) 1.45 Neighbours 2.15 CSI: NY (R) 3.05 Rosamunde Pilcher's Spring 5.00 Five News, Weather 5.30 Neighbours (R) 6.00 The Boss Is Coming to Dinner 6.25 Live from Studio Five

7.00 The One Show

Topical stories with Jason Manford.

7.30 EastEnders More from the angry Londoners.

8.00 DIY SOS: The Big Build - Brynmawr

NEW Transforming a family home in some unpronouncable area of the Welsh Valleys. Yawn.

9.00 Mistresses

A bitter row causes a rift in the group.

10.00 BBC News, Weather 10.35 The Mexican

FILM Action comedy starring Brad Pitt and Julia Roberts about a hapless crook who attempts to retrieve a pistol from across the Mexican border.

12.35am Sign Zone: Panorama Serious documentary. (R)

7.00 The Culture Show at the Edinburgh Festival

A review of some opera or other. 8.00 E Numbers:

An Edible Adventure NEW Stefan Gates tries to uncover the truth about food additives. Pesky additives.

9.00 Digging for Britain Rare bits of old rubbish found in Happisburgh, Norfolk.

10.00 Grumpy Old Men Oldie celebrities rattle on about motorists and pedestrians. (R)

10.30 Newsnight

11.20 Nurse Jackie A man is attacked by his date's knifewielding ex-husband. (R)

11.45 Nurse Jackie The medic is forced to acknowledge her drug problem. (R)

12.15am The Culture Show at the Edinburgh Festival (R) 7.00 Emmerdale

Natasha tries to remain calm when Maisie shows her the video. They haven't latched onto new-fangled stuff like DVDs, then?

7.30 Nightmare Tenants: Tonight

Landlord-bothering types.

8.00 Emmerdale More sheep-shearing.

8.30 Coronation Street Becky tracks down her half-sister, Kylie. She should be so lucky...

9.00 Florida - Paradise Lost British expats unhappy in the Sunshine State. Our hearts bleed.

10.00 ITV News, Weather 10.35 Conan the Barbarian

Action fantasy starring Arnold Schwarzenegger.

12.55am The Zone Shopping and interactive gaming. 7.00 News

7.55 4thought.tv A comedian explains his belief that no topic should be taboo.

8.00 Location. Location, Location The pub? That's a good location.

9.00 Hurricane Katrina: **Caught on Camera** Footage of the 2005 storm that hit the

Gulf Coast of America. Incredible.

10.00 Ultimate Big Brother Highlights from the past day.

11.10 Coming Up: Dip A pickpocket and a Somalian immigrant form an unlikely friendship.

11.40 Coming Up: Eclipse Ben is captivated by his neighbour, Chloe.

12.10am Music on 4: Album **Chart Show: The Klaxons** 12.45 4Play: Imelda May 12.55 Boardmasters Presents

Seasick Steve Beardy bloke sings in Newquay.

1.10 The Ascent of Money (R) 2.05

7.00 Five News at 7 The day's headlines.

7.15 Cricket on Five

SPORT Action from England vs Pakistan at Lord's.

8.00 Egypt's Lost Queen

A mummy believed to be that of Queen Hatshepsut, who died ages ago.

9.00 The Hotel Inspector A struggling historical hotel in Devon.

10.00 Crimes That Shook the World

The story of Russian Alexander Pichushkin, otherwise known as "the chessboard killer". Gulp! (R)

11.00 Britain's Ugliest Models

NEW Documentary following the work of an agency that specialises in unconventional looks.

12.05am SuperCasino Live interactive gaming.

1.05 Countryfile (R) 2.05 Celebrity MasterChef (R) 3.05 Ben Fogle's Escape in Time (R) 3.50-6.00am BBC News

1 15.6 00am RRC News

2.55 SPORT British Touring Car Championship Highlights: Action from Silverstone. 4.15-5.30am ITV Nightscreen

Ultimate Big Brother: Live 4.35 Dispatches: When Cousins Marry (R) 5.25-6.10am Countdown (R)

4.05 The Boss Is Coming to Dinner (R) 4.30 Wildlife SOS (R) 4.55 County Secrets (R) 5.10 The New Tomorrow (R) 5.35-6.00am Michaela's Wild Challenge (R)

BBC1 SCOTLAND: 8.00pm Holby City 10.35 The Secret Tourist 11.35 TIM The Mexican. Action comedy starring Brad Pitt and Julia Roberts. 1.35am Sign Zone: Panorama 2.05am Sign Zone: Countryfile BBC2 SCOTLAND: 11.00pm Newsnight

Scotland, Weather STV: 9.00pm Underbelly: A Tale of Two Cities 10.30 STV News and Weather 10.40 Hard Target. Action thriller starring Jean-Claude Van Damme. 12.25am Roulette Nation 1.00 The Jeremy Kyle Show 2.00am The Nightshift

ULSTER: 7.30pm The Seven Thirty Show 10.30 UTV Live Tonight 11.00 Mourne 11.05 Nightmare Tenants: Tonight 11.35 Children's Hospital 12.00m't Brain Box 2.35am Sixty Six: Coming-of-age comedy starring Gregg Sulkin.

ITV1 WALES: 7.30pm Segar on Success 10.35 Stuart Cable: Local Boy in the Photograph 11.05 Nightmare Tenants: Tonight 11.35 Countrywise 12.05am | Was There 12.30am The Lakes

TODAY'S SPORT

sky SPORTS 1

6.00am Good Morning Sports Fans 9.00 UEFA Champions League Goals (HD)

9.30 FIFA Futbol Mundial

10.00 Total Rugby

10.30 Musiced Cricket: It's the first day of the fourth Test between England and Pakistan at Lord's. (HD)

7.00pm Sky Sports News (HD) 7.30 ATP Tour Uncovered

8.00 Cricket: Action from the first day of the fourth Test between England and Pakistan at Lord's. (HD)

10.00 Time of Our Lives: Former Arsenal footballers bang on about the old days.

11.00 Premier League World: A round-up of the latest top-flight news. (HD)

11.30 Cricket (HD)

1.30am Football (HD) 3.00 Time of Our Lives

4.00 Premier League World (HD)

4.30-6.00am Football (HD)

sky SPORTS 2

6.00am Aerobics 6.30 Ocean Ride 7.00 WWE: Experience (HD)

8.00 Boots 'n' All

9.00 Ocean Ride 9.30 Football (HD)

11.00 Aerobics 11.30 Racing News

12.00noon Boots 'n' All 1.00pm Football (HD)

1.30 Football (HD)

3.00 Watersports World

4.00 Football (HD) 4.30 FIFA Futbol Mundial 5.00 Boots 'n' All

6.00 World Hockey Monthly 6.30 Race World

7.30 TWE Greyhound Racing 10.00 Poker

12.00m't Race World 1.00am Show Jumping 2.00-2.30am IAAF Athletix Weekly FILM4 (315)

6.40pm Young Sherlock Holmes: Teen detective adventure starring Nicholas Rowe. 8.50 Scott Pilgrim Special 9.00 Amadeus: Period drama starring F Murray Abraham. 12.25am The Texas Chainsaw Massacre: Horror remake starring Jessica Biel. 2.20-4.00am Lake Placid

COMEDY CENTRAL (126)

7.00pm The King of Queens 8.00 Frasier 9.00 Two and a Half Men 10.00 Harold & Kumar Get the Munchies: Comedy. 11.45 Sex and the City 12.55am Two and a Half Men 1.55 Rules



6.45pm DTM 7.45 Superleague Formula 8.15 Kicks

Extra 8.30 Goal! 9.00 Motorcycling 10.00 MMA Live 10.45 Kicks 11.00 Baseball 2.00am Press Pass 2010 2.30 UFC 3.30 MMA Live 4.15 Kicks 4.30-5.00am Goal!

of Engagement 2.55 South Park 3.55 Two and a Half Men 4.20 The King of Queens 5.10-6.00am Frasier

ON DIGITAL, SATELLITE AND CABLE TV TONIGHT

BBC3 (115)

7.00pm Total Wipeout 8.00 Young, Dumb and Living Off Mum 9.00 I Can't Stop Stealing 10.00 EastEnders 10.30 MUSTISEE The Real Hustle: Celebrit Scammers: With Kelli Young. 11.00 Family Guy 11.45 | Can't Stop Stealing 12.45am Baby Beauty Kings 1.15 Small Teen, Big World 2.15 Total Wipeout 3.10 The Real Hustle: Celebrity Scammers 3.40 Young, Dumb and Living Off Mum 4.40-5.10am Baby Beauty Kings

E4 (136)

7.00pm Hollyoaks 7.30 Friends 9.00 Big Bang Theory 9.30 How I Met Your Mother 10.00 Accidentally on Purpose 10.35 Alan Carr: Chatty Man 11.25 Mus Important Things with Demetri Martin

11.55 The Big Bang Theory 12.25-6.00am Ultimate Big Brother: Live

DAVE (111)

7.00pm The Gadget Show 7.30 Fifth Gear 8.00 Traffic Cops 8.30 Seaside Rescue 9.00 Never Mind the Buzzcocks 10.20 Have I Got News for You 11.40 Never Mind the Buzzcocks 1.00am Have I Got News for You 2.10 Banzai 2.45-3.00am Radical Highs

MTV (350)

7.00pm Hogan Knows Best: Double-bill. 8.00 The Hills 10.00 The Osbournes 11.00 South Park 12.00m't Blue Mountain State 1.00am Sanchez Get High: Pritchard vs Dainton 2.00 Jackass: Mad stunts. 3.00-6.00am All the Hits

VIRGIN 1 (121)

7.00pm Star Trek: Voyager 8.00 Chuck 9.00 Medium 10.00 Ghost Whisperer

26 AUGUST THURSDAY

FULL 7 DAY TY



6.00am The Real A&E (R)(HD) 7.00 Brainiac's Test Tube Baby (R) 8.00 Brainiac: Science Abuse (R) 9.00 Oops TV (R) 9.30 Oops TV (R) 10.00 Grease: The School Musical (R)(HD) 11.00 Wedding SOS (R)(HD) 11.30 Adoption Diaries (R) 12.00noon The Real A&E (R)(HD) 1.00pm Malcolm in the Middle (R) 1.30 Malcolm in the Middle (R) 2.00 Liza and Huev's Pet Nation (R) 3.00 Stargate SG-1 (R)(HD) 4.00 Stargate SG-1 (R)(HD) 5.00 Malcolm in the Middle (R) 6.00 Oops TV (R)(HD) 6.30 The Simpsons (R)

7.00 The Simpsons Lisa gets her own TV show. (R)

7.30 The Simpsons

Principal Skinner rediscovers the meaning of teaching during an outing with his rebellious pupils. (R)

8.00 The Real A&E

A basketball player discovers he may not walk again after a high-speed crash. (R)

8.30 Real Filth Fighters Following specialist clean-up teams. (R)

9.00 Lie to Me

MUST-SEE Walking lie-detector Cal finds himself entangled in a web of deceit. (HD)

10.00 NCIS: Los Angeles

An agent is shot after opening a safetydeposit box at a bank. Ouch! (R)(HD)

11.00 NCIS: Los Angeles

A lieutenant commander's death arouses suspicion. (R)(HD)

12.00m't Road Wars

Dust-ups in Slough. (R)

1.00 UK Border Force (R)(HD) 1.50 Road Wars (R)(HD) 2.40 Oops TV (R)(HD) 3.30 The 4400 (R)(HD) 4.20 Top Design (R)(HD) 5.10-6.00am Sell Me the Answer (R)(HD)

11.00 Star Trek: Enterprise 12.00m't Challenge Jackpot: Interactive gaming. 3.00am Brit Cops: Zero Tolerance 4.00-5.00am Street Crime UK

7.00pm Legend of the Seeker 8.00 FILM Paradox: Fantasy thriller starring Kevin Sorbo and Steph Song. 10.00 A Town Called Eureka 11.00 TIM The Celestine Prophecy: Adventure starring Matthew Settle. 1.00am The Tattooist: Horror starring Jason Behr and Mia Blake. 3.00 Legend of the Seeker 4.00 Angel 5.00-6.00am Smallville

FX (164)

7.00pm Third Watch 7.45 NCIS 9.15 Family Guy: Lois inherits a fortune. 10.00 American Dad! 11.00 Better Off Ted 12.00m't Farscape 12.45am Babylon 5 1.30 ReGenesis 2.20 Water Rats 3.05-3.55am Tour of Duty

TODAY'S MUST-SEES



Lie To Me

Sky1/HD, 9pm

DRAMA Dr Cal Lightman, Tim Roth plays a scientist who knows when people are lying just by looking at them. He's been keeping tabs on his partner and best mate Gillian's new fella, Burns - which is just as well because while Lightman's trailing the questionable boyfriend, he's bungled in the back of a van. The boyfriend reckons he's an undercover agent (yeah, that's what we all tell the girls, too!) but Cal has his own suspicions, and it's up to him and the team to save Burns. ***



England vs Pakistan

Sky Sports 1/HD, 10.30am

The fourth and final Test at Lord's sees SPORT Ine Tour Un and Time. - but there's more at stake than that. A spot on this



Important Things With Demetri Martin E4, 11.25pm

Demetri combines animation, live performances and sketches to answer any question he's decided to tackle this week! ★★★



The Real Hustle: Celebrity Scammers BBC3, 10.30pm

The team, including lovely Jessica-Jane Clement, con more people. If Jessica-Jane scammed us, we'd be putty in her hands! ★★★



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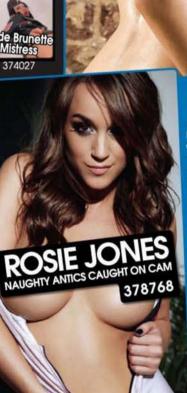
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The Lottery Winners win Live and Unsigned 2010



Full to the brim with the best unsigned music from across the UK, thousands of music tars were bopping along to fresh music at the Live and Unsigned Festival this weekend.

The best under the radar artists took to the stage at the Indigit2 in London on Saturday 10th July for the chance to be crowned the winner of Live and Unsigned 2010, and it was The Lottery Winners from Leigh who eventually took home the title!

The Lotlery Winners buttled it out in live auditions and live heats across the country to eventually take away the top sport. They were growned the UK's best Live and Unsigned Act on the main stage of the Festival in front of a soid out crowd and an array of



the music industry were out in force to meet enthusiastic newcomers at the Grand Final of Live and Unsigned, the biggest unsigned music competition in the UK for original artists.

Over 10, 000 acts this year, and the Grand Final saw the centered the competition talent shoucase their music in front of thousands of audience members and the updring bears land hin clucked Sade's legendary tent man Noddy Holder, Radio 1's Annie Nightingale, Kemang's Alex Baker and Rins star Stola Ama.

The Festival played host to an eciectic mit of artisks, with four genre categories performing throughout the day including Rock, Indie, Attendative and Popi/Acousticutivan. Category winners included rock bend Underline the Sky wiww.mipspace.com/underlinethesky who won Road fol. Viast year, acoustic act Sam Garrett and atternative group We Beat The System. But the judges, alongside an energised audience, wited Inde band The Lottlery Winners as the overtail winner. Title sponsors Masthall www.marshallamps.com supported unsigned acts this year by awarding bands with equipment and prizes throughout the competition. Development opportunities were also avaried to acts by CMP www.icmp.co.uk and there were festival slots up for grabs bo.

includes a managen and recording contract, development of a clothing brand with Extreme Clothing, publicity package and UK tour. The Rock winners will also be flown out to India to play and compete at the biggest festival in Asia and represent the UK with a chance to win a \$30, 000 prize!

Live and Unsigned has cemented its place on the UK music scene as the largest unsigned music competition for under the radar, original artists. The

competitions popularity comes from its reputation for encouraging originality and it's open to all unsigned acts regardless of genre, so it's got something for

Live and Unsigned 2011 auditions begin again in January 2011 and will be travelling across the UK. For more information on Live and Unsigned go to www.LiveandUnsigned.Uk.com and you can check out The Lottery Winners at; www.myspaca.com/ habitetravelinements ed-

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NOW TANI to 68889

Lily, UK (40)

LILY to 68889

guys! Get my hot pix... VERY HOT VIDEOS! text

YOUR MOBILE aughty, South Wes



To 8889 to 8899 to 8889 to 8899 to 8889 to 889

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68889

Ker, Kent/London

let my hot pix and

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ANNE, 40s YORKS

NNE to 68889



AMB to 68889

TO A DIFFERENT TEXT SWAP TO

Carly, 18 UK Kyli 20, SUSSEX



Set my hot pix and VIDEOS

Saucy older wo wants to hear younger guy 18+ Easy going, Fun loving kind si woman 35 - he age doesnt put

BEVERLY to 68889



to 68889



Hot mature

adies know how to get sexy with you! They're always willing to please new callers xxx





Ladies at home that are mature in so many special ways. Chat now to

0909 897



0908

Sexy babes at home desperate to be your girlfriend

& to please you in

adventurous & fit

bodies wanting

men of all ages

for adventure,

fun and thrills

XXX XXX XXX XXX 2545

everyway possible.



Ask what you really want and we will do everything you like. You'll come back for more! xxx

0908 145 0576



OPEN ALL HOURS

Experienced Ladies do you need it hard & fast? Well just call these tasty oldies best get off in the UK!

0909



mature women xxx

0908



MATURE WOMAN TTENTION We just know how to get you off as

Superfast, mindblowing satisfaction from very experienced fit ladies xxx

0909 0888 89



Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx

0908 145 0580



The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at any time



with as many guys as you can believe. 30 secs to serious heaven when you just need to get off

0909



sexy relief that is mind blowing just give us a call. Girls giving live sexy 121!



18+ hot, alone & ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx

0909



Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx



willing to please, all guys needed urgently for the ultimate get off today x



YOUR MIND

Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx

0908 145



Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx

0909



girls at home just eager to go live with you 1 on 1! x

0908 145



Lovely larger ladies who just want to give pleasure. 100% private and offering a real sexy adult time

0909 9405



HOUSEWIVES

Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx

0909



Beautiful funny intelligent sexy



home that want any guys any age to totally satisfy. Horny sexy 121 x



Very bad women who will do all ou ask anytime. Various horny partners needed urgently xxx



When you just cannot wait and need a real fast quickie session. Call now for relief

WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469

Nuts PUB AMMO

A pint of your finest facts, landlord!



Sir Alex Ferguson was fired as boss of St Mirren in 1978 for swearing at a lady.

There are more miles of canals in Staffordshire than in any other county in England.

England Amputees' football skipper Steve Johnson has won the Disabilities World Cup three times the same number of times Pele has won the actual World Cup!

force to conquer the problem of diarrhoea on the battlefield.

Spain won the World Cup scoring just eight goals - the lowest amount ever and three fewer than the previous lowest total.

World Cup because Fifa refused to let their team play barefoot.

In America, it's illegal to call a digestive biscuit a "digestive".

It takes a dozen bees an entire lifetime to make a teaspoon of honey.

Soya beans are responsible for more flatulence than any other bean.

was Belgium's Overseas Sports

Personality Of The Year in 2009

The sound a grasshopper makes is called stridulation.

A Nottingham shopkeeper invented HP Sauce but missed the chance to make his fortune when he traded the recipe with a Midlands vinegar company to settle a debt!

Ballet is illegal in Turkmenistan.

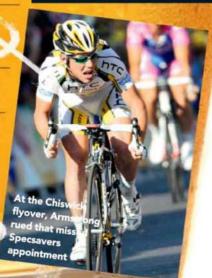


- boasts a feast of action stars Sly Stallone, Arnold Schwarzenegger, Bruce Willis, Dolph Lundgren, Jason Statham, Jet Li, wrestler Steve Austin and UFC star Randy Couture.
- Stallone broke his neck while filming a fight

- scene with former WWE star Austin.

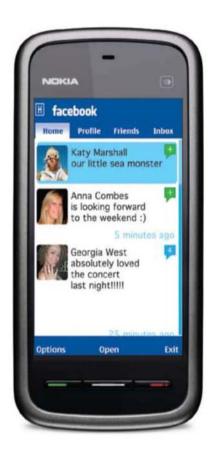
 Sly also
- Sly also experienced waterboarding first-hand while rehearsing torture scenes.
- It's Arnie's first film in six years.
- The Expendables is at cinemas across the UK from 19 August.





WORDS: ADAM RALPH PHOTOS: ALAMY, ACTION IMAGES

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